

Free Jacks Win
Rugby Championship - Page 17

Children's Programs At
Library July 13-19 - Page 7



*****CRL07 0144D**C004
THOMAS CRANE LIBRARY
40 WASHINGTON ST
QUINCY MA 02169-5304
P1 S0 B3

The Quincy Sun

Quincy's Hometown Weekly Newspaper Since 1968

VOL. 55 No. 43

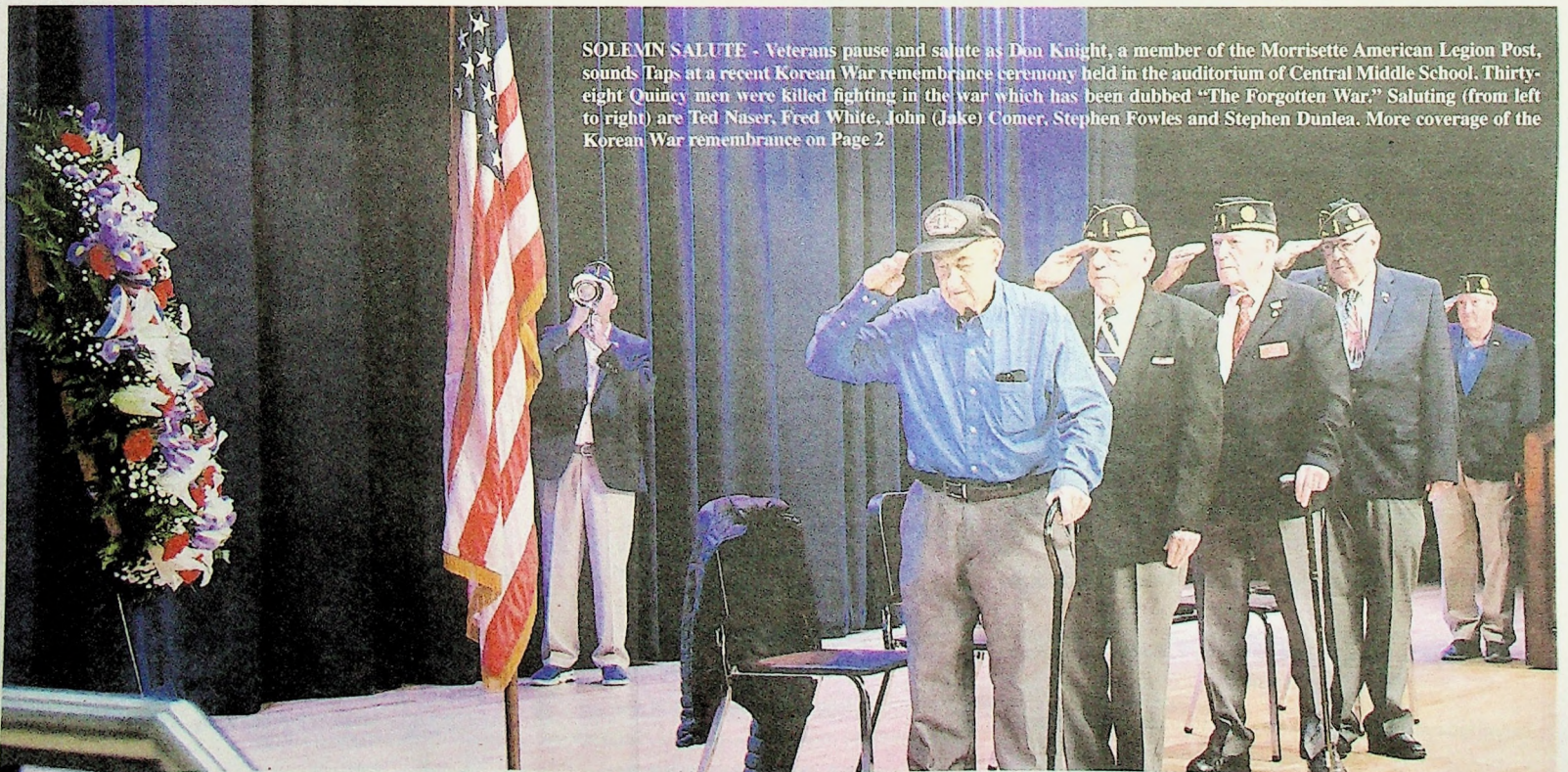
Thursday, July 13, 2023

\$2.00



RED, WHITE and BLUE memorial wreath is placed at the Korean War Veterans Memorial in remembrance of the 38 Quincy men killed fighting in the war. The names of those who gave the supreme sacrifice are inscribed on the memorial (left and right). A Korean War remembrance ceremony was recently held across the street from the memorial in the auditorium of Central Middle School due to inclement weather. The wreath was brought outside and placed at the base of the memorial after the ceremony. The monument's flanking pieces that list the war dead is set at a 38-degree angle from the main piece. That number is significant because it was the parallel which North Korea crossed into South Korea to start the war 73 years ago on June 25, and represents the number of Quincy veterans killed during the war.

Quincy Sun Photos/Robert Bosworth



SOLEMN SALUTE - Veterans pause and salute as Don Knight, a member of the Morrisette American Legion Post, sounds Taps at a recent Korean War remembrance ceremony held in the auditorium of Central Middle School. Thirty-eight Quincy men were killed fighting in the war which has been dubbed "The Forgotten War." Saluting (from left to right) are Ted Naser, Fred White, John (Jake) Comer, Stephen Fowles and Stephen Dunlea. More coverage of the Korean War remembrance on Page 2



Age Gracefully With Mindful Movement - Page 11
Fire, Police Promotions - Pages 12, 13

More Quincy news:
The Quincy Sun.com

Korea - 'The Forgotten War' - Remembered In Quincy

By SCOTT JACKSON

Quincy veterans and officials recently gathered at Central Middle School, vowing that the service and sacrifice made by American men and women during the Korean War would never be forgotten.

The city's annual Korean War observance was held inside the auditorium of the middle school on June 24, one day shy of the 73rd anniversary of the beginning of the war in 1950. The 70th anniversary of the 1953 armistice agreement between the two sides, which brought hostilities in the war to an end, will fall later this month.

This year's ceremony was moved indoors because of inclement weather. The ceremony has traditionally been held at the city's Korean War memorial at the nearby intersection of Hancock Street and Merrymount Parkway, which bears the names of the 38 Quincy men killed in the war.

Jake Comer, a past national commander of the American Legion and veteran of the Korean War, said observances such as the one Quincy was holding helps ensure the so-called "For-



KOREAN WAR VETERANS Memorial lists the 38 Quincy men who died while serving during the Korean War. Their names are inscribed the gold lettering on the polished black granite monument. The names and branch of service are: Robert L. Adams (Army), Albert J. Bergeron (Army), Thomas B. Bishop (U.S. Air Force), Michael J. Broderich (Army), Lawrence A. Bruno (Army), James H. Cameron (Army), Howard E. Davis (USAF), Walter A. Della Chiesa (Army), Robert James Duffy (U.S. Navy), Kenneth F. Ehlers (Army), Gordon J. Erickson (USAF), Lee H. Favorite (USAF), Robert J. Foley (Army), Daniel N. Gilbert (Army), Frederick H. Graves (Army), Albert J. Happel (U.S. Coast Guard), Mervyn K. Horn (Army), Robert W. Leaman (Army), George R. MacDonald (USN), Bernard A. MacDougall (Army), David MacLachlan Jr. (USAF), Lloyd S. MacLeod (Army), Michael W. Mahar (USAF), John Mariano (Army), Chester E. Paris (U.S. Marine Corps), Armand G. Poirier (USN), Malcolm B. Reardon (USAF), Albert L. Rogers (Army), Roger F. Schneider (Army), George A. Smart (Army), George C. Stevens (USAF), Richard F. Sullivan (Army), John J. Sweeney (USAF), Paul W. Sweeney (USMC), Joseph A. Therrien Jr. (USAF), Joseph D. Toomey (Army), Donald S. Waldie (Army) and Donald E. Wolf (USMC).

Quincy Sun Photo/Robert Bosworth

gotten War" is not forgotten.

"We are here today to remember what has been la-beled by some as 'The For-gotten War,'" Comer said.

"Moments like this help us erase that label. Noth-ing about the Korean War should ever be forgotten, especially now as we recog-

nize the 70th anniversary of the armistice that ended the fighting there."

The war should not be forgotten because Ameri-can and allied forces were able to repel the invasion of South Korea by North Korea and its allies, Comer said. South Korea has prospered in the decades since the war ended, he noted, while North Korea has not.

"The Korean War must

always be remembered for what it achieved, and what it is still achieving today. It ended a communist invasion that, if successful, would have exterminated the hopes and dreams of millions who are instead thriving in today's world economy," Comer said.

"Remember that the in-vasion was not just North Korea into South Korea. It was also China and the

Soviet Union, who wanted nothing more than to extin-guish the flame of freedom and democracy.

"Today, we can look at nighttime satellite images and see the effect of a Kore-an Peninsula divided by ex-tremely different ideologies. South Korea glows with light, energy and opportu-nity. North Korea remains

Cont'd On Page 21



ANYONE CAN ENTER a photo in the free Friends of the Blue Hills Photo Contest if they submit their photos by Sept. 1. This photo, entitled "Fall Walk Around Houghton's Pond," was taken by Quincy resident Amy Entler. To see other photos that have been submitted for the contest, to vote for your favorite, or to submit your own, visit www.FriendsoftheBlueHills.org/photo-contest.

Courtesy Photo

It's Time To Enter Free Blue Hills Photo Contest

www.FriendsoftheBlueHills.org/photo-contest

The free Blue Hills Photo Contest, sponsored by the Friends of the Blue Hills, is perfect for everyone who loves the Blue Hills, whether or not they take photos.

Everyone is encouraged to submit photos before the deadline on Friday, Sept. 1.

The contest is supported by Dedham Savings, and by Page + Waterman Gallery & Framing.

Photographers of all ages and abilities may enter this free photo contest. All en-trants will be vying for four prizes of a \$250 gift certificates to Page + Waterman Gallery & Framing.

Participants can win prizes for a number of cat-egories, including if their photo is chosen by a panel of judges, or if one of their photos receives the most

electronic votes.

Other prizes can be won for photos that best show residents and visitors of the Blue Hills. Even those peo-ple that do not enter a photo can participate by enjoying dozens of striking photos of the Blue Hills and vote for their favorite.

Up to five photos may be submitted until Friday, Sept. 1, at 5 p.m. For more infor-mation about the photo con-test and to see and vote for current entries visit: www.FriendsoftheBlueHills.org/photo-contest.



The USDA funded Summer Food Service Program for Children sponsored by the Quincy Public Schools will provide free meals to all children without charge, regardless of race, color, national origin, sex, age or disability.

Lunch Service: Monday—Friday 11 am to 1 pm - July 5 through August 18, 2023

Please note the following guidelines for the Quincy Summer Eats Program:

This is a congregate feeding program. Children must eat the meals on site.

Children age 18 years old and younger are allowed to take one lunch.

Parent/guardian cannot take meals on their child's behalf or for themselves.

There are no registration or income requirements to participate.

"This is an equal opportunity provider."

SITE LOCATIONS:

The Snug Harbor School

The Ward II Community Center

The Lincoln Hancock School cafeteria

The F.W. Parker School cafeteria

The Montclair Elementary School gym

SUMMER EATS
FREE MEALS FOR KIDS & TEENS

Edward Jones

There's no time like now to plan your future.



Marie O'Riordan Kelly, AAMS®
Financial Advisor
138 Franklin Street
Quincy, MA 02169
617-639-0327

MKT-5894M-A

edwardjones.com

House, Senate Pass Tax Relief Bills

Need To Be Ironed Out Before Final Legislation Can Be Approved

By SCOTT JACKSON
Lawmakers in the state House of Representatives and Senate have approved tax relief bills, but differences between the two packages need to be ironed out before final legislation can be approved.
Because the two chambers have yet to come to an accord on the tax cuts, the state budget for the fiscal year that began on July 1 remains in limbo. Lawmakers were able to pass a budget for the month of July and could continue to pass budgets on a monthly basis until the budget is finalized.
In a recent interview, Sen. John Keenan, a Quincy Democrat, said he was hope-

ful the new budget could be enacted soon.
"I hope soon, but I don't know," he responded when asked about a timeline for approval of the state budget.
"Finalizing the state budget means first coming to an agreement on how much revenue we will have available to fund the budget, and based on the tax relief packages, there is no agreement on that. It doesn't mean they have to work out all the details, but they at least have to come to a number by agreement that they can plug into the budget in order to balance the budget. So that has to happen first."
"Once the revenue is decided," he added, "you're

into the budget and there are a lot of differences between the House and the Senate budget, just as there are in the tax package, so all those have to be ironed out."
The bill approved by the Senate would provide \$590 million in tax relief in the first year, Keenan said, while the House bill would provide nearly \$700 million in tax relief in year one. The size of the House's package would increase over three years, while the Senate's would remain at \$590 million, he added.
Keenan said he supported the Senate package, which was unanimously approved, because it would provide tax relief while also leaving

funds available to make investments in the state.
"My objective going in was to keep the tax relief at a level that benefited those most in need while at the same time making sure that we had money available to invest in Massachusetts," he said.
"Everything I heard from people, and I continue to hear from people, is what is causing people to struggle here is the cost of housing, because we don't have enough housing. The Senate proposal actually has some provisions to increase housing, both market rate and affordable. That was something I felt should be

Cont'd On Page 4



PLAN of MA & RI recently presented The Arc of the South Shore with a \$25,000 grant to support the organization. Joan McGrath (left), executive director of Quincy-based PLAN, is pictured with The Arc of the South Shore CEO Abby Parrilla. The nonprofit PLAN of MA & RI is recognized as an expert in operating special needs trusts and, since 2020, has granted more than \$1 million to nonprofits supporting individuals with disabilities. For more information, visit www.planofma-ri.org.
(Photo courtesy PLAN of MA & RI)

Koch Gives Updates On Expanded Composting, Uniform Trash Barrels

By SCOTT JACKSON
A composting program that began in the Quincy Public Schools may one day expand to the city as a whole, Mayor Thomas Koch said recently, but it won't be in the near future.
In addition, Koch said officials continue to explore the possibility of distributing uniform barrels for trash and recycling to residents citywide, an initiative he first announced several years ago.
A pilot composting program began this spring at Quincy High School and school officials hope to launch a similar program at North Quincy High School in the new school year. The pilot program in the schools had been recommended by a task force the mayor assembled to explore the possibility of collecting food waste curbside separately from other household trash.
Asked about a citywide composting program in a recent interview, Koch said the city could begin such an initiative "at some point" but "certainly no time soon."
"I know the composting program has been a pilot program in the schools," the mayor said. "We had a pilot committee, Emily Lebo was part of that along with the head of the food service and I think Tom Henry from

DPW was also part of that.
"As I understand it, it's gone pretty well but we've also learned you have to stay on it all the time. You need people to be there, kind of guiding the kids on what they need to do. If you start to get away from that, it goes back to the contamination level from before. It's effort. It takes some time. We've got to do some analysis on okay, how much can we depend on volunteers and how much would it actually cost having the right people oversee it, so what's the value there overall?"
"It's something we would have to have a deeper discussion with Tom Henry and folks from public works," Koch added. "I never close the door on anything, but this is very early on on the school side."
Koch in 2016 had announced plans to overhaul how the city's trash and recycling are disposed of, the centerpiece of which would be the distribution of uniform covered containers - 96-gallon bins for recyclables and 64-gallon ones for trash - to households throughout the city. Similar programs have been put in place in Braintree and Weymouth, among other communities.
During the recent interview, Koch said his admin-

istration pumped the brakes on the initiative because of the rising cost of recycling,

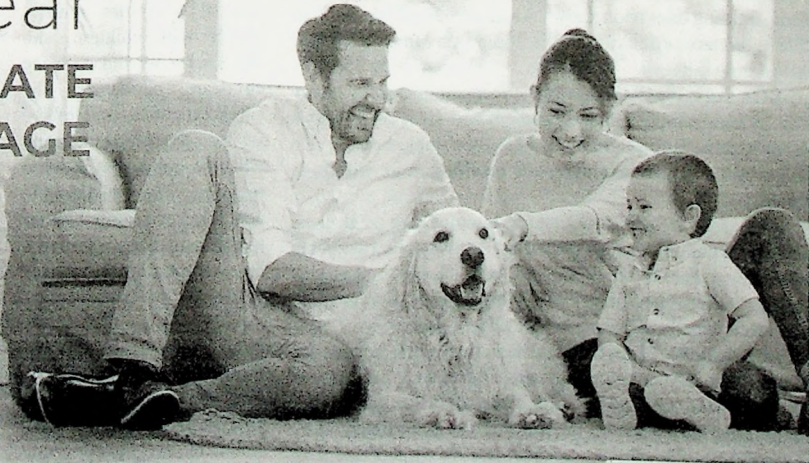
but noted a final decision has not yet been made.

Cont'd On Page 10

MAKE YOUR PERFECT HOME HAPPEN

6.25%
6.41% APR*

**30-Year
FIXED RATE
MORTGAGE**



**COLONIAL FEDERAL
SAVINGS BANK**



APPLY FOR YOUR MORTGAGE WITH COLONIAL FEDERAL SAVINGS TODAY!

15 Beach Street
Quincy, MA 02170

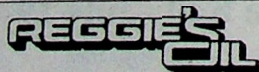
819 South Franklin Street
Holbrook, MA 02343

708 Middle Street
Weymouth, MA 02189

617-376-3500
colonialfed.com

*APR = Annual Percentage Rate. APR/Rate effective as of 7/6/23 and may change. Applies to 1-4 family owner-occupied homes. First-Time Home Buyer's maximum loan-to-value (LTV) is 90%. PMI waived with a 10% down payment. Other buyer's maximum loan-to-value (LTV) is 80%. Subject to credit approval. A 30-year loan would be repaid in 360 equal monthly principal and interest payments of \$6.16 per \$1,000 borrowed, which does not include taxes or insurance premiums, if applicable. So, your actual monthly payment will be greater. NMLS #409557.

Member
FDIC



Joseph P. Reggiannini
92-94 (Rear) Franklin St.
Quincy, MA 02169

Office Hours:
M-F 7:30 am - 5:00 pm

(617) 471-2095

(24 Hour Emergency Service)

www.reggiesoil.com

CO., INC.
Heating & Air Conditioning Service
We are a local, family-owned & operated oil company located right here in Quincy. We've been providing a quality product & superior service to our customers here in Quincy & throughout Southeastern MA for more than 50 years....and we always will!

The Quincy Sun

(USPS 453-060)
Published Weekly on Thursday by
The Quincy Sun Publishing Co., Inc.
1372 Hancock St., Quincy, MA 02169

Robert H. Bosworth
Publisher and Editor

Henry W. Bosworth, Jr.
Founder
1968 - 2009

\$2.00 per copy newsstand • \$48 per year in Quincy
\$50 per year by mail outside Quincy • \$60 out-of-state

Telephone: 617-471-3100 Fax: 617-472-3963

online at: www.TheQuincySun.com

email address: thequincysun@verizon.net

Periodicals postage paid at Boston, MA
Postmaster Send address change to:
The Quincy Sun, 1372 Hancock St., Quincy, MA 02169

The Quincy Sun assumes no financial responsibility for typographical errors in advertisements but will reprint that part of an advertisement in which the typographical error occurs.



Moments in time

THE HISTORY CHANNEL

• On **July 24, 1959**, the popularly termed "kitchen debates" took place between U.S. Vice President Richard Nixon and Soviet Premier Nikita Khrushchev in Moscow, where Nixon was visiting a house built as part of an exhibit in the American National Exhibition.

• On **July 25, 1976**, Viking 1, the first space probe to successfully land on Mars, took the famous photo of the Cydonia region that included a 1.2-mile mesa with the striking appearance of a humanoid face. The image has since been accepted by scientists as an optical illusion.

• On **July 26, 1863**, Confederate cavalry leader John Hunt Morgan, along with 360 of his men, were captured at Salineville, Ohio, during a raid on the North. Starting in the previous July, Morgan made four major raids on Northern or Northern-held territory in a year, which, though of limited strategic importance, bolstered Southern morale while capturing badly needed supplies.

• On **July 27, 1981**, 6-year-old Adam John Walsh was abducted from a mall in Hollywood, Florida, after following an older boy outside, and later found murdered. In the aftermath of the still-unsolved crime, his father, John Walsh, became a leading victims' rights activist and host of the long-running television show "America's Most Wanted." In 2008, the late serial killer Otis Toole was officially named as Adam's killer.

• On **July 28, 1945**, in a freak accident caused by heavy fog, a U.S. military plane crashed into New York City's Empire State Building, killing 14 people, including the two pilots and a single passenger, and resulting in \$1 million in damages.

• On **July 29, 2012**, rap singer Snoop Dogg (real name Calvin Broadus) was banned from Norway for two years after being caught attempting to bring a small amount of marijuana into the country in his luggage, as well as more cash than legally allowed, the previous month.

• On **July 30, 1733**, the first Masonic Grand Lodge in the future United States, now known as St. John's Lodge, was constructed in Massachusetts. It claims to be the third-oldest such lodge in existence, though this has been disputed by the Grand Lodge of Pennsylvania and the Grand Lodge of Virginia.

(c) 2023 King Features Synd., Inc.

The Garden Bug

Natural tomato treatment

Mix together:

- 1 tablespoon of baking soda
- ½ teaspoon mild detergent
- 1 teaspoon vegetable oil
- 1 gallon of water

This mixture can be put into pump bottles, and sprayed onto tomato plants as a natural insect repellent or as a fungicide for blight and mildew. Be sure to shake the mixture sufficiently before each spraying. - Brenda Weaver

Source: www.usda.gov (Tomato Plant Diseases and How to Stop Them)

© 2023 by King Features Syndicate, Inc. World rights reserved.

House, Senate Pass Tax Relief Bills

Cont'd From Page 3

in the Senate proposal, and it was. Housing costs are really high.

"The other thing that we hear from people all the time is that early child education, your pre-k childcare, is inaccessible because there aren't enough slots because we don't have enough teachers and childcare providers, and when you can find a slot, it's incredibly expensive. So, my feeling is we should continue to do reimbursements to help places like the YMCA and other childcare providers... Give them a higher rate from the state so they can use that to hire teachers and add more slots. We have a lot of childcare providers that have slots, but they don't have enough teachers. They have a lot of physical room, but they don't have teachers, so I think that's an area that we need money to invest in."

"Obviously, the MBTA, we have to continue investing in. When people are frustrated about living in this area and throughout Massachusetts, it comes down often to transportation. You can't get from Point A to B. The roads are crowded, maybe not in great shape. The MBTA is not working. The regional transit authorities are expensive or their routes don't run, the buses don't run frequently enough to serve the population. So I think those are investments we have to make."

"We could give all kinds of tax relief and not invest," Keenan added. "We could give no tax relief and just spend whatever we have. My thought was let's find a middle where we can give tax relief to people who need it - seniors, renters, people with children, and that's what we did with the childcare allowance, the earned income tax credit - while at the same time using what we don't give in relief to invest. The Senate package I believe comes closer to that, and that's why I ended up supporting it."

Among other provisions, both the House and Senate bills would raise the rental deduction cap from \$3,000 to \$4,000. Both bills would also double the maximum senior circuit breaker credit from \$1,200 to \$2,400 and both would increase the earned income tax credit from 30 percent to 40 percent of the federal credit, Keenan said.

Both bills would make changes to the estate tax as well. The current threshold for the state's estate tax is \$1 million and, if that threshold is surpassed, the entire amount is taxable. Both the House and Senate bills would increase the thresh-

old to \$2 million and make only the amount above the threshold taxable.

"The House and Senate used different mechanisms to give that relief, but basically it is the same concept of over \$2 million being subject to the estate tax," Keenan said.

One of the differences between the two bills relates to the child and dependent tax credit, the senator said.

"The child and dependent tax credit under the Senate proposal would be [up] from \$180 to \$310 per child and that where it is different from the House," he said. "The House phases it in from \$310 to \$455 to \$600 by 2025. That's the difference between them and that accounts for their becoming more expensive as time goes on."

Another difference relates to the tax on short-term capital gains. The House bill would reduce the tax rate for short-term capital gains from 12 to 5 percent while Senate bill would leave that unchanged.

The House bill would also make changes to Chapter 62F, the state law that provides refunds to taxpayers if revenues exceed a certain figure; the law was triggered last year and resulted in nearly \$3 billion in refunds. The House bill would amend the law so that any future refund would be distributed equally to all taxpayers, rather than proportionally based on state taxes paid, Keenan said, while the Senate would leave the law untouched.

The Senate bill meanwhile includes a provision that would require married couples who file a joint federal tax return to file their state tax return jointly; the House bill includes no such provision. Keenan said the Senate measure is designed to close what some see as a loophole in the Fair Share Amendment, the voter-approved surtax on household income above \$1 million.

"The concern was that individuals would file a joint [return] with the federal and get preferable tax treatment for filing jointly and would then in the state file separately if one or both incomes were below a million dollars and their combined income was over a million dollars," he said.

"The Senate viewed it as a loophole. Those opposed to what the Senate did said it's not a loophole, that that is what was meant, but the Senate basically would require someone filing jointly at the federal level to file jointly in Massachusetts."

Keenan said the Senate bill also includes a provision he filed that would make

commuter fares, not just monthly passes, tax deductible. It would also extend the tax deduction currently available for paying for an MBTA ferry to municipally owned ferries.

"We had filed an amendment and got it in on the Senate side that would allow commuter fares to be tax deductible," Keenan stated. "Presently there are commuter tax benefits under the federal code to which the Mass. code ties itself that benefit people that maybe drive. It does allow people to deduct the cost of their monthly T passes, for instance, but because of the hybrid work schedule people are not buying monthly T passes like they were. It just doesn't make economic sense, so they're relying more on daily fares, so those daily fares would be eligible to be deducted from your state income tax."

"We also had it applied to bike sharing costs and things of that nature, bicycles in general basically, to encourage people to bike if they have short commutes. And also to ferries - to municipally owned, operated or contracted ferries. It would allow you to deduct the cost of going by ferry, from Quincy for instance to Boston or from Winthrop or wherever you may be."

(The Marina Bay ferry had been operating as a partnership between the city of Quincy and town of Winthrop, but is now being operated by the MBTA with the Sumner Tunnel closed.)

The Senate bill also increases funding for the state's Housing Development Incentive Program (HDIP), an initiative that is meant to support the development of market-rate housing in gateway communities. The Senate bill would raise the statewide cap for the program from \$10 million to \$57 million for one year and keep the cap at \$30 million annually moving forward.

"HDIP is used by gateway cities to produce market-rate housing," Keenan said. "For instance, Fall River. The cost of building in Fall River isn't all that different than it is here in Quincy, but the cost of developing a unit of hous-

ing in Fall River is greater than in some cases what you can sell it for, so developers aren't building market rate."

"A city like Fall River would like to have market-rate housing... Well over 50 percent of housing in Fall River is either naturally occurring affordable, meaning landlords are charging lower rents because that is kind of what the market provides or they have long-term tenants and keep rents low, or it's state- or federal-run affordable housing programs. So a significant amount of housing in Fall River is already affordable."

"With the South Coast Rail going into Fall River, they want to see more market-rate because they want to redevelop their downtown, to bring people in, to expand their tax base, to use that expanded tax base to put money back into education and law enforcement, first responders, things like that. So they feel they really need market-rate housing."

"So, if market rate costs this much to develop and they can only sell it for this much, HDIP covers tries to cover that difference."

"It creates market-rate housing, which is good in terms of the local economies," Keenan added, "but it also increases the amount of housing that is in the market, which should have a tempering effect on rents."

In Quincy, the cost of building new housing is less than the market-rate price for those units, Keenan said, but the program has been used to help finance affordable housing developments like The Watson in Quincy Point.

"Quincy doesn't really need that HDIP because a developer can build knowing that when they put it on the market, it's going to sell and they're going to make a profit," the senator said.

"We do use HDIP in Quincy for some of our affordable housing programs. NeighborWorks uses it. They used down at The Watson to help with the cost of the project. That development has affordable housing, workforce housing, and market-rate housing, and they were able to use some HDIP funding to make that work."

Library Online Program With Author Carla Kelly July 19

The Thomas Crane Public Library invites the public for an author talk with romance writer Carla Kelly online Wednesday, July 19, from 7 to 8 p.m.

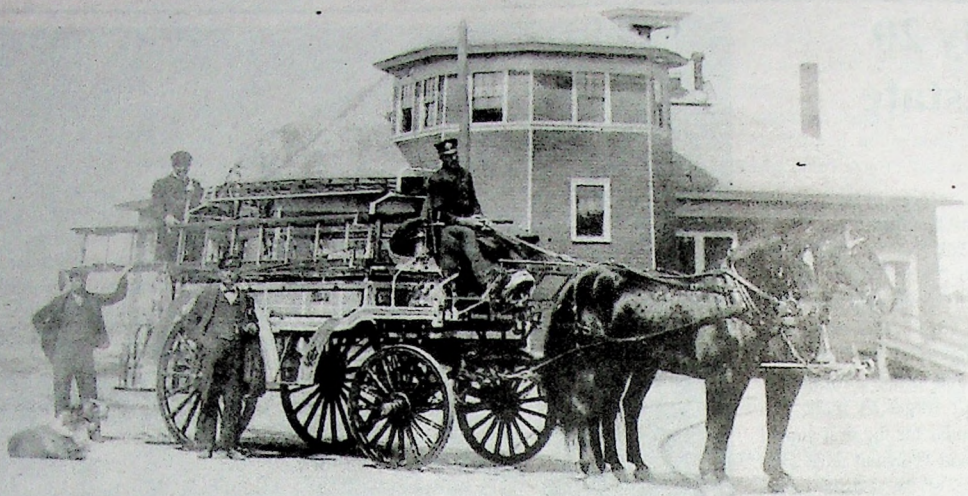
Kelly will discuss her early books, her American Historicals, WWII stories, and her fourth publication in

the Unlikely series.

The award-winning author is also a former Seasonal Ranger in the National Park Service.

This event is in collaboration with Ashland Public Library. To register visit the library's online events calendar.

Scenes From Yesterday



HOUGH'S NECK FIRE STATION, Quincy, Mass.

THIS IS A 1907 real photo postcard view of the old Houghs Neck fire station just after it was built on the corner of Manet Avenue and Sea Street. This building cost \$5,000 and it replaced an old shack that had been moved down from Wollaston. It was the new home to Hose Company No. 5, which was equipped with a new

horse-drawn combination hose and chemical wagon with four ladders. In charge was Captain W.H. Taylor shown here with his Steward and two call men and their dog. The electric trolley tracks coming from Manet Avenue onto Sea Street can be seen under the horses. The present fire station on this site was built in 1947.

From the Tom Galvin Postcard Collection

Plan For A More Environmentally Sensitive Future

I was impressed by the presentation at the Crane Library recently by community members advocating for common sense review and re-approach of the Granite Links proposed 99-year lease that is favored by our mayor and apparently some of our city councilors. The presentation was succinct, fact-based, transparent, community minded and referential to both historic precedent and consideration of future generations. How radical~!

Long-term sweetheart deal leases are sometimes appropriate. Certain civic-benefit nonprofit organizations that truly serve the public and provide otherwise under-represented services or populations can be great. Like perhaps serving the homeless, drug-rehab facilities, arts and culture institutions like museums, etc. Does a 99-year sweetheart lease to a for-profit golf course and banquet facilities owned by an individual make sense? Of our public land? Who does this really serve? Don't be fooled. This deal serves one family and the mostly affluent white folks who dig golf and acting fancy and well-off. It is not a site for most of us.

Start typing "granite links..." into your internet search bar. In mine, it auto fills "Granite Links semi-private golf club" Really? I understand how this happened, and credit the folks who led the public discussion at the library on a fair and balanced review of the history. Big Dig, land fill, investment. Bravo - all the imaginative leaders and business-people (or...I am going to guess, mostly

men?) of the past decades to create a semi-private golf course on public land. This serves a select few, and that is by design. Members only parking on city-owned land? How are we not furious about this?

I live on Forbes Hill Road. I along with many neighbors worked hard to save a park at the top of our hill from becoming a partial parking lot for the FB Golf Course. Our mayor, our city council rep, and others in city government saw no issue with taking 1/3 of an open public park and turning it into a parking lot for golfers. We had to rally hard to save what we could, and still it has been an uphill battle to be heard, for true community input to be weighed. The city council just passed a \$14M budget for a new clubhouse, 7-2. Beware, many on our city council are very VERY for development and doing the mayor's bidding. You might hear them say, as our disappointing, uncommunicative Ward 3 councillor has reported, that the \$14M is for the park AND the golf

course. Don't be fooled. \$13.9M is for the golf club house. \$100k is for the park.

The 99-year lease for the Granite Links golf course is a terrible deal. It was a poorly managed deal (for the city) in the first place, with little oversight, laughable general amenities built in, and a complex that favors golfers over connecting communities to nature. Exclusivity chosen over inclusivity. Private membership over public access. The vote on how to move forward on this will likely come this fall. Being involved and asking your council person how they will vote, and sharing your views is the

Thank You Crane Library

I wanted to drop a note of appreciation for the Pride programming and displays at the Thomas Crane Public Library.

In an age of book bans and exclusions, I am proud that my local library is com-

mitted to educating and serving everyone.

While Pride Month may be over, I know this commitment will continue throughout the year.

Ryan Edwards
Quincy

More Readers Forum Page 24

SUBSCRIPTION FORM

FILL OUT THIS SUBSCRIPTION BLANK AND MAIL TO

The Quincy Sun

Historic Quincy's Hometown Weekly Newspaper Since 1968

1372 HANCOCK STREET, QUINCY, MA 02169

NAME _____

STREET _____

CITY _____

STATE _____

ZIP _____

CHECK ONE BOX IN EACH COLUMN

☐ 1 YEAR IN QUINCY

\$48.00

☐ 1 YEAR OUTSIDE QUINCY

\$50.00

☐ CHECK ENCLOSED

☐ 1 YEAR OUT OF STATE

\$60.00

Quincy's Yesterdays

This Week
1976
47 Years Ago

Hancock St. A Mall For Sidewalk Bazaar

The seventh annual Sidewalk Bazaar kicked off on Thursday, July 15 with Hancock Street in Quincy Square turned into a pedestrian mall for three days.

The event is sponsored by the Quincy Center Business and Professional Association. Some 30 booths, gaily striped and canopied, dot both sides of Hancock Street, displaying the wares and programs of downtown merchants, civic groups and fraternal organizations. Music will be provided by Baron Hugo and his pageant orchestra, and the Quincy High Alumni Band.

Highlight of the festivities will be the selection and crowning of Miss Quincy Bay Friday evening. (Editor's note: Mary Pickering, age 16, of Quincy, was crowned Miss Quincy Bay at the pageant. She was selected among 18 contestants. Among those congratulating Mary was her mother, Mrs. Mary Pickering who was Miss Quincy Bay of 1957 when she was Mary Joyce.)

\$25,000 REHABILITATION PROGRAM FOR SOUTHWEST AREA

The Department of Planning and Community Development announced a comprehensive community rehabilitation program will get underway shortly in the Water Street-Southwest Quincy area. Estimated costs were pegged at \$25,000, including federal funds from the Community Development Block Grant and the Housing Rehabilitation Loan Program.

Planning Director Lars N. Lundin said the immediate objective of the program will be to correct those conditions, which exist in the neighborhood, which endanger the health and safety of the residents.

QUINCY-ISMS

Queen Elizabeth II of Great Britain, during a visit to the Greater Boston area, cut a cake made for her by Quincy's master baker Ernest Montillo... Rep. Joseph E. Brett (D-Quincy) announced his candidacy for a 10th term as state representative in the Third Norfolk District. (Editor's Note: He didn't make it.)... Maria Del Rosso, daughter of Mr. and Mrs. Stephen J. Del Rosso, 10 Willow St., Wollaston, was awarded the degree of bachelor of science magna cum laude from Suffolk University... Michael W. Morrissey, 22, of 88 Colby Rd., announced his candidacy for state representative in the Third Norfolk District. Morrissey is a graduate of North Quincy High School and the University of Massachusetts at Amherst. (Editor's Note: He made it.)... Marine Private First Class Richard A. Mountford, son of Mr. Henry Mountford, 180 Essex St., Squantum, reported for duty at the Marine Corps Air Station, New River, Jacksonville, Florida... The Wollaston Theater, Beale St., was featuring Bill Cosby and Raquel Welch in "Mother, Jugs and Speed." Admission \$1... Robert T. Batson of Quincy received a degree in fire science with high honors... Some 400 parents and youngsters attend the Koch Club's 29th annual picnic at Pageant Field, Merrymount. Richard J. Koch, executive director of the Koch Club, called it one of the most successful such events in the Club's long history... Eleanor Villard, 44 Burns Ave., Quincy Point, was elected president of the Catholic Young Adults Organization (Chi Rho) of the Boston Archdiocese, the first woman to hold the post in the group's 20-year history... Mrs. Nancy Santry was elected chairman of the Lincoln-Hancock Community School Council. Ronald Kaufman was elected vice-chairman, Deborah Ross, recording secretary, Thomas Brow, Jr., treasurer and Mrs. Edie Ruta, corresponding secretary... City Councillor at-Large Paul Harold was covering the Democratic National Convention in New York City for The Quincy Sun... The Pilgrim Luncheonette, 1472 Hancock St., Quincy Center, was asking visitors to the Sidewalk Bazaar to "Dine With Us, Great Food, Great Service"... Quincy Typewriter Service, 5 Maple St., Quincy Center, was offering a Smith Corona Coronet Super 12 Typewriter for \$229, \$10 off with a copy of this ad... Henry Bosworth of The Quincy Sun and Kenneth P. Fallon, Jr., of WJDA were co-chairmen of the Miss Quincy Bay Pageant... Navy Fireman Apprentice Joseph T. Keller, Jr., son of Mr. and Mrs. Joseph Keller, Sr., 207 Whitwell St., graduated from the Hull Maintenance Technician School at the Naval Training Center, San Diego, Calif... James C. Fratolillo, 374 Manet Ave., Houghs Neck, was accepted into a seven week summer program at the Berkeley College of Music in Boston.

Arts & Entertainment

Summer Concert July 20 On Lawn Of Eustis Estate

Featuring Tomoko Iwamoto and 440

The public is invited to a summer concert on the expansive lawn of the Eustis Estate, presented with Mandorla Music on Thursday, July 20 at 6:30 p.m.

Bring a picnic and enjoy music as the sun sets. July's concert welcomes Tomoko Iwamoto and 440 to the Eustis Estate. 440 play jazz in the Manouche or "gypsy jazz" style popularized by Django Reinhardt and Stephane Grappelli in 1930s Paris, swing-era music by such American composers as Cole Porter, George Ger-

shwin and Benny Goodman, and originals by members of the band. In addition to Tomoko Iwamoto on violin, the band includes Mark Chenevert on clarinet, Jack Soref on guitar and Jim Guttman on bass.

Tickets are highly recommended and free; donations are encouraged. Alcohol is not permitted.

Snacks and soft drinks are available for sale. Bring your own lawn chairs and blankets.

Dogs on leashes are welcome. In the event of rain,

the concert will be canceled or rescheduled.

Call 617-994-6600 or visit <https://my.historicnewengland.org/18691/eus-concert-iwamoto-and-440> for tickets and more information. Don't forget to mark your calendar for the first annual "David Chestnut Jazz Festival" at the Eustis Estate on Saturday, Aug. 19, from 11:30 a.m. to 6 p.m. More information is coming soon.

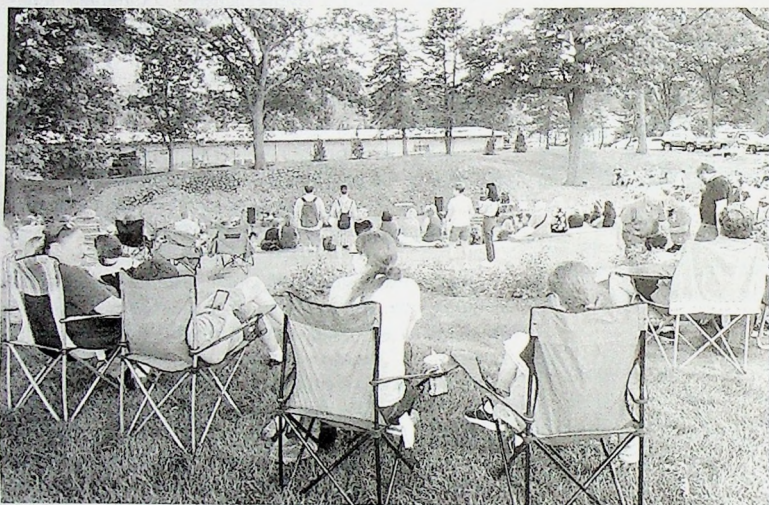
The Eustis Estate is located at 1424 Canton Ave., Milton.



TOMOKO IWAMOTO and 440 will perform in concert Thursday, July 20 at 6:30 p.m. on the lawn of the Eustis Estate, 1424 Canton Ave., Milton.

Courtesy Photo

Opening Night Of Friday Shows At Ruth Gordon Amphitheater Success



Opening night of the summer season at the Ruth Gordon Amphitheater was a big success, organizers said, drawing several hundred spectators to the outdoor entertainment venue in Merrymount Park. Opening night June 30 featured an open mic night hosted by the group The Ruderings. Here are some photos submitted by the Friends of the Ruth Gordon Amphitheater. On Friday, July 14 from 6 to 8:30 p.m. three popular local bands will take to the stage: Daisy, Sweet Nothings and Jon Gorey. Admission is free.

Courtesy Photos



SALES, SERVICE, INSTALLATION



GRANITE LOCK CO. INC.

www.granitelock.com
617-472-2177
617-479-3341(Fax)
MA Sys. Con. Lic. 7025-C

•COMMERCIAL•
- Access Control
- Wireless Locks
- Electric Strikes
- Exit Hardware
- Door Openers/Closers
- Commercial Mailboxes
- High Security Key Systems
- Master Key Systems
- Handicap Access Hardware

•AUTOMOTIVE•
- Fit Keys to Autos/Rekeying
- Lockouts/Repairs
- Cloned/Transponder Keys

•SAFES•
- Sales/Repairs/Installations
- Combinations Changed
- Fire & Burglary Resistant Safes

•RESIDENTIAL•
- Deadbolts Installed
- Baldwin/Emtek Hardware
- Rekeying/Lockouts

755 Southern Artery, Rte. 3A Quincy, MA 02169

"Rock Solid Security"

Children's Programs, Activities At Crane Library July 13 -19

By JULIE RINES
Children's Coordinator
Thomas Crane Public Library

The following programs and activities for children are scheduled July 13-19 at the Thomas Crane Public Library.

Mother Goose Nursery Rhyme Extravaganza Ages 4 months -3 years

Join us outside on Thursday, July 13 from 10 to 11 a.m. on the Main Library Lawn for a very special Mother Goose Nursery Rhyme Extravaganza. This is a fun-filled program of nursery rhymes and songs for children ages 4 months to 3 years old accompanied by an adult. No registration is required.

In case of bad weather we will move indoors.

Preschool Discovery Ages 3+

Join us for our monthly hands on science program, Preschool Discovery, for children ages 3 and older along with their grownups. Each month the program travels around the city giving families multiple chances to do some fun simple science together. Activities, experiments and instructions will be provided for science you can do with your child.

In July our science is LOUD as we investigate sound with activities to explore drum beats, vibrations, textures, volume, and more!

This month find Preschool Discovery at the Wollaston Branch on Thursday, July 13th from 10 to 11 a.m., the North Quincy Branch on Saturday, July 15th from 10 to 11 a.m. and the Adams Shore Branch on Wednesday, July 19th from 3 to 4 p.m.

LEGO Building @ Wollaston Ages 5+

Stop by the Wollaston Branch on Thursday afternoons anytime from 2 to 4 p.m. this summer for free-play LEGO building. Grab some LEGO bricks and build a boat, a spaceship, a double-decker couch - anything you want, then toss

them back and try to make something else. LEGOs must be returned by the end of the program, sorry!

Parents please note regular LEGO are intended for children ages 5 and older, DUPLO and other building toys will be available for younger children.

Stop Motion Animation Ages 5+

Join us on Friday, July 14th at 2 p.m. at the main library and learn how to make your own short stop-motion animated movie!

You will need to bring your own smartphone or tablet and we ask that you pre-load one of the many stop-motion apps available (Stop Motion Studio, iMotion, and PicPac are just a few) so you'll be ready to start as soon as you arrive.

We'll provide the stages to film at, toys to use, stands for your devices, and advice on how to make your own mini-movie. This program is suggested for families with children ages 5 and older.

Mini Golf @ North Quincy All Ages

Join us at the North Quincy Library on Friday, July 14th when we will transform the library into a fun and challenging mini golf course full of hills, jumps, bumps, twists and loops!

Groups of 2-5 players of all ages (each group must contain at least one adult) are invited to stop by between 2 and 4 p.m. to play a round of golf. Check the library calendar to register for a times lot. Additional activities will be available to keep you busy while you wait for your tee time.

Sponsored by the Friends of the Thomas Crane Public Library.

Songstravaganza Ages 3-7

Join Ms. Lua and Ms. Rebekah at the Main Library on Saturday, July 15th at 10 a.m. for singing time fun! Get ready to sing favorite songs, learn some new songs, and hear

your librarians play their instruments!

For ages 3-7 accompanied by an adult.

Drop in Crafts @ Adams Shore Ages 3-8

Stop by the Adams Shore Branch on Monday afternoons from 2 to 3 p.m. to do some crafting. Each week we'll have a new craft. Our craft for the week of July 17 is cupcake liner flowers.

Can't join us on Mondays? Stop by Adams Shore during our open hours to pick up a craft to take and make at home, while supplies last.

Singing Storytime Ages 2-6

Join Ms. Rebekah at the Main Library this summer on Tuesday mornings at 10 a.m. for a weekly singing storytime! All kids ages 2-6 accompanied by an adult are invited to meet in the Children's Room every Tuesday morning in July and August.

Come ready to learn about instruments, sing favorite songs, and learn new songs!

Kindness Rocks @ Adams Shore Ages 6+

Help us create a kindness rock garden this summer! Join us at the Adams Shore Library on Tuesday, July 18th at 10 a.m. to paint encouraging messages on two different rocks. Take one home and leave the other one in our new rock garden. This program is for ages 6+.

We will be using paint so dress to get messy!

Puppet Tales with Leigh @ North Quincy Ages 3+

Join us at the North Quincy Branch on Wednesday, July 19 at 10 a.m. where Through Me To You Puppetry invites you to join Newton and his puppet friends for some story-time fun!

Newton and his friends take turns reading stories and singing songs with the kids. At the end of the show, the kids are invited to say "hi" to Newton. Our weekly half-hour show is geared to ages 3-7, but all are welcome!

Sponsor Quincy Cultural Council and the Friends of the Thomas Crane Public Library.

ExPLORE: Toxic Spill Cleanup @ Wollaston Ages 8-12

Join us on Wednesday July 19, from 7 to 8 p.m. at the Wollaston Library for ExPLORE a hands on science program for children ages 8-12.

When something spills into the environment - oil, other chemicals, food - how do we figure out where it's gone and how do we clean it up? This month we'll tackle two different scenarios: A spill in the water and a spill underground. Use your ingenuity and work together to track, contain, and then clean up a model spill using a variety of tools and materials.

Madeline Gray Graduates Providence College

Madeline L. Gray, daughter of Morgan and Joanne Gray of Milton, recently graduated from Providence College, summa cum laude, with a Bachelor of Science degree in psychology and a minor in sociology.

Neponset Day Family Festival July 30

The Neponset River Watershed Association (NepRWA) will hold its annual Neponset Day Festival Sunday, July 30 from 9 a.m. to 1 p.m. The public is invited to participate in the free, family-friendly event at DCR Neponset II Park in Dorchester, at the corner of Hilltop Street and Granite Avenue.

Activities include free boating with Paddle Boston, kids' crafts and games, music, food trucks, environmental exhibits and more.

"Neponset Day celebrates our diverse communities and gives residents an opportunity to learn about the River, en-

joy the waterfront park and Greenway Trail - and even try a free paddle on the water if they wish," said NepRWA Greenways Director Andres Ripley.

For more information about Neponset Day, visit neponset.org/neponsetday.

The Neponset River Watershed includes the communities of Dorchester, Hyde Park, and Mattapan; Canton, Dedham, Dover, Foxborough, Medfield, Milton, Norwood, Quincy, Sharon, Stoughton, Randolph, Walpole, and Westwood. Learn more about the Neponset River Watershed Association at www.neponset.org.

Neurofibromatosis Foundation Fundraiser Thursday

William James Gifts, 1543 Hancock St., Quincy will be hosting a pop up fundraiser on Thursday, July 13th from 6 - 8 p.m. to benefit The Neurofibromatosis

Northeast Foundation. Palm Prints Co. will also be popping up at William James Gifts during this time. Both WJG and Palm Prints will donate a por-

tion of their sales to the NF Northeast Foundation.

For those who cannot visit the fundraiser in person, a portion of online sales that day will be donated as

well. Visit www.william-jamesgifts.com.

Four Quincy Students On Emerson College Dean's List

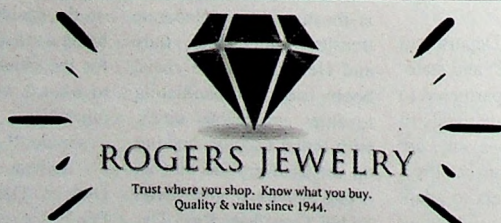
Four students from Quincy are on the Dean's List for the spring semester at Emerson College in Boston.

They are:

Eoin Varden, majoring

in media arts production and a member of the Class of 2023; Yanjin Zeng, majoring in marketing communication and a member of the Class of 2025; Adri

Pray, majoring in journalism and a member of the Class of 2025; and Nandan Nair, majoring in media arts production and a member of the Class of 2026.



Rogers, a full-service, fine jewelry store with a GIA® Graduate Gemologist on staff, continues serving Quincy for over 60 years. We buy your unwanted jewelry, appraise your treasures, perform repairs, custom design, and offer loans. Visit our new location and treat yourself to a truly professional experience!

1250 Hancock St.

Suite 111N

Quincy, MA 02169

617.773.3636

www.RogersJewelry.com

- Estate
- Pawn
- Repair

- Buy
- Design
- Appraise

Summer Craft Fair!

DIVINE MERCY PARISH AT SACRED HEART
370 HANCOCK STREET • NORTH QUINCY

SATURDAY
JULY 22 • 10 AM — 4 PM

- Local Crafters
- Games of Chance
- \$500 Lottery Ticket Board Raffle (includes \$100 in cash!)
- Money Wheel
- Waterford Crystal Table
- Snowbabies Table
- Byers' Choice Carolers Table
- Bake Sale
- Food Court

WHAT'S COOKING

with

Marie & Suzie

By MARIE D'OLIMPIO and SUZIE FALCO



Oatmeal-Chocolate Chip Cookies

By MARIE

Recently, I was reminded of a recipe for an Oatmeal-Chocolate Chip Cookie that I had a few years ago at a Mother's Day brunch.

At this brunch there was an incredible table of desserts. One of those desserts was for an Oatmeal-Chocolate Chip Cookie, made by my daughter, Ann Marie.

If you try this recipe you will all definitely enjoy these delicious treats!

Recipe:

2 sticks of unsalted butter softened
1 cup of granulated sugar
1 cup of dark brown sugar
2 teaspoons vanilla
2 tablespoons of milk
2 eggs
2 cups of flour
1 teaspoon baking soda
1 teaspoon baking powder
½ teaspoon of salt
2 and ½ cups oatmeal

12 ounces semi-sweet chocolate chips
1 and ½ cups chopped walnuts or pecans

Preheat oven to 350 degrees.

Slightly grease 2 baking sheets or cover them with parchment paper.

In a large bowl, cream the butter with sugar and brown sugar until well blended.

Add vanilla, milk and eggs.

In a small bowl combine flour, baking powder, baking soda and salt then add these to the creamed mixture.

Stir in oats, chocolate chips and nuts.

Scoop by tablespoons onto baking sheets about 2 inches apart and bake for 10 to 12 minutes until edges are brown.

Cool slightly before putting on a wire rack.

My daughter made larger cookies than usual as our family likes a larger cookie - so you can use more than a tablespoon when dropping the dough onto the cookie sheet if you like.

Garden Vegetable Juice

By SUZIE

Everyone knows how important it is to consume vegetables to maintain vibrant health. "Eat your colors" is one of my mantras.

Sometimes drinking your colors are a bit easier. Making your own vegetable juice is easy and so much better than the store bought version that we all grew up with (and reluctantly drank).

This is a yummy garden juice that is a nice change for the upcoming summer.

RECIPE

1 cup fresh tomatoes (hopefully some from your garden or farmers market)
1/2 cup baby spinach

1/4 cup carrots
1/4 cup celery
1 tablespoon or so of onion
1/4 cup red or yellow pepper
1 handful fresh parsley
little squeeze of lemon
dash sea salt
dash pepper
dash worcestershire sauce
1 cup of ice cubes

Just place this all in a high speed blender or Vitamix or Magic Bullet/Ninja and blend until completely "juiced."

This makes about 2 servings. Drink your veggies!

Movie Review: 'Indiana Jones And The Dial Of Destiny'

By BOB GARVER

It has been 15 years since famed archeologist/adventurer Indiana Jones (Harrison Ford) was onscreen in "Indiana Jones and the Kingdom of the Crystal Skull" and even longer since he was onscreen in a decent movie. Fans were worried if that creative flop would be the last they'd ever see of Indy, but now he has a second chance to make a last impression.

With new director James Mangold at the helm, I suppose there was a chance that this franchise could have dug itself even deeper into the hole, but I'm pleased to say that this entry is not an embarrassment. It's too bad I can't say anything better than that, but it's more than I could say for the last movie.

An opening sequence sees a younger Indy (using not-perfect but not-distracting digital de-aging effects on Ford) rescue an artifact from Nazis at the tail end of World War II with the help of bumbling colleague Basil (Toby Jones). This sequence takes place on a moving train, so there are seemingly endless opportunities to throw bad guys off screaming. It's fun, if a bit overlong, which can be said of all the action sequences in this movie.

Flash forward to 1969. Indy is in his twilight years, and it seems the world has left him behind. His wife Marion (Karen Allen) has



left him, his neighbors wake him up with loud rock music, he can't keep his students' attention in class, and the university is forcing him into retirement. The only pleasant surprise in his day is a visit from Helena (Phoebe Waller-Bridge), the late Basil's daughter and his goddaughter. She has a proposal involving the Dial of Destiny, the artifact Indy and her father rescued from the Nazis. He's not up for another adventure, but he can help her in simple fashion, and this ironically gets him pulled into an even bigger adventure.

It turns out that the duplicitous Helena just wants to steal the Dial and sell it. She's being tailed by the CIA and renowned scientist Jurgen Voller (Mads Mikkelsen), a Nazi leftover who knows the Dial's true power. Indy just wants the Dial to be safe, and if that includes protecting Helena and her kid sidekick Teddy (Ethan Isadore) and stopping the bad guys, then so be it.

The rest of the movie is mostly just an elaborate treasure hunt where Indy and Helena navigate clues, booby traps, and conflicting loyalties in various cities, with Voller usually showing up to get everyone into an action sequence. Old friend Sallah (Jonathan Rhys-Davies) shows up along the way, as does Renaldo (Antonio Banderas), a diver Indy

enlists for an underwater mission. The film's climax sees Voller try to exploit the time-travel capabilities of the Dial. As evil as he is, I had a laugh at the idea that Voller's master plan is technically the same thing that every time traveler wants to do.

Until the time-travel conclusion (which is at least handled with more dignity than those aliens from "Crystal Skull"), "Dial of Destiny" is just perfectly average for Indiana Jones. Certain visual components look a little too polished to be natural, but otherwise a familiar sense of fun is still in play. Indy's wit is as quick as ever, and of course any character played by Waller-Bridge is going to be pretty sharp too. The charm of 1981's "Raiders of the Lost Ark" is never quite matched, but that may be too high a standard. Some will say that putting a character as iconic as Indiana Jones in a just-okay movie is a disservice to his cinematic legacy, but I choose to focus on the upside of this movie being a satisfactory end note for the character compared to what it would have been otherwise.

Grade: B-

"Indiana Jones and the Dial of Destiny" is rated PG-13 for sequences of violence and action, language and smoking. Its running time is 154 minutes.

Summer Eats Program In Full Swing In MA Youth 18 And Younger Eat Free All Summer Long

The Summer Eats program is in full swing across Massachusetts, providing free meals to children and teens 18 years old and younger at hundreds of meal sites statewide. In July 2022 alone, over 2.3 million meals were served across almost 1,500 sites in Massachusetts through the Summer Eats program.

Summer Eats is an especially critical resource this summer. Throughout the school year, children in Massachusetts rely on free school meals to meet most of their daily nutrition needs, and Summer Eats serves to close the gap when the school year ends. As of May 2023, 1 in 4 MA households with children are experiencing food insecurity. This is nearly double the pre-pandemic numbers, and many families are still struggling to afford enough food more than 3 years after the pandemic first hit.

Summer Eats assists families by providing free meals to children and teens to ensure they continue growing, learning, and thriving over summer break. Participating meal providers operate and staff meal sites, often in conjunction with activities and educational programming. All are welcome. No registration or ID is required.

"Hunger doesn't disappear in the summer," says Erin McAleer, Project Bread CEO. "The same students who count on universal free school meals for more than half their daily nutrition are at risk for summer hunger and learning loss when school is on break and those meals are unavailable."

Meal providers and staff bring the community together and take some of the pressure off of families' grocery budgets, going above and beyond to make healthy meals easy to access for all kids and teens."

Families previously eligible to receive Pandemic-EBT (P-EBT) during the 2022-2023 school year will qualify to continue to receive this benefit (\$120 per child per family) over the summer. P-EBT is a federal child nutrition program created during the COVID-19 public health emergency to promote increased food security for students who are eligible for free or reduced-price school meals through the United States Department of Agriculture's National School Lunch Program (NSLP) and missed school due to COVID-19. To see who qualifies, visit: Mass.gov.

For more than 20 years, the Massachusetts Department of Elementary and Secondary Education (DESE) and statewide anti-hunger nonprofit Project Bread have partnered to support meal providers in offering Summer Eats meals to children in Massachusetts. This year, summer meal sites are operating a communal model of feeding kids onsite. Project Bread and DESE have helped meal providers to adapt throughout the pandemic and beyond to continue feeding kids seamlessly. During the school year, Project Bread and DESE also partner to expand access to and participation in school meal programs.

"Summer Eats is a great resource that brings youth together while enjoying a healthy meal," says McAleer. "The program is free for all to participate, helping to reduce stigma and foster community - a win-win."

For more information about Summer Eats, including meal site locations, visit www.projectbread.org/summer-eats, text FOOD or COMIDA to 304-304, or call 1-800-645-8333 for help in any language.

Phillip Tran Earns

Master Of Science Degree

Phillip Tran of Quincy recently graduated from the Georgia Institute of Technology in Atlanta.

Tran earned a Master of Science degree in computer science.

Four Quincy Students On Quinnipiac Dean's List

Four students from Quincy are on the Dean's List for the spring semester at Quinnipiac University in Hamden, CT.

They are:

Alexandra Abrahamovich, Matthew Dolbec, Ryan Quirk and Catherine Yamen.

Social Security Matters Why Can't I Collect Survivor Benefits from My Deceased Wife?

By **RUSSELL GLOOR**
National Social Security Advisor
at the AMAC Foundation, The Non-Profit Arm
of the Association of Mature American Citizens

Dear Rusty: I am a 62 year old widower that is still working full time. While my late spouse was in hospice, I was able to get her to apply for Social Security disability and she received one payment before she passed away two years ago. I was told that I could collect a survivor benefit, so I called my local Social Security office, but they told me that I could not collect any type of benefits from my wife and that all the money she paid into SS for all of those years was basically gone for good. Would you please advise what I can do and if this is true? I was also told that Social Security's agents will do everything they can to avoid paying out benefits. **Signed: Frustrated Widower**

Dear Frustrated Widower: I suspect that the reason Social Security said you were not eligible for benefits as a widower is because you are working full time. At age 62, you are subject to Social Security's "earnings test" which limits how much you can earn while collecting early Social Security benefits. The 2023 earnings limit is \$21,240 and, if that is exceeded, SS will take away \$1 in benefits for every \$2 you are over the limit. If your earnings are high enough, that could make you temporarily ineligible to collect benefits until 1) your earnings are less, or 2) you reach your full retirement age (FRA) when the earnings test no longer applies.

Assuming you have not yet claimed your personal SS retirement benefit, you are still eligible to collect a survivor benefit from your wife when your earnings are less or after you reach your full retirement age. One strategy you may wish to consider, if you plan to keep working full time, is to wait and claim only your surviving spouse benefit at your FRA (67), thus allowing your personal SS retirement benefit to continue growing until you are 70 when your personal SS retirement benefit will be about 75% more than it would be now. Although your survivor benefit reaches maximum at your FRA, your personal benefit doesn't reach maximum until age 70, so it's possible to collect your smaller survivor benefit from your wife first and claim your higher personal benefit later.

You were apparently given some confusing information when you contacted Social Security. If you haven't already claimed your own SS retirement benefit, you are still eligible for a surviving spouse benefit from your wife but likely cannot collect a widower benefit at this time because you're working full time. However, that doesn't mean you can never collect a survivor benefit; only that you can't collect it at this time because of the "earnings test." The earnings test goes away when you reach age 67, so you can claim only your survivor benefit at that time (or before if you no longer work full time) and allow your personal SS retirement benefit to continue to grow (to age 70 if you like).

From our experience with the Social Security Administration, the skill level of SSA representatives varies but we have never suspected their goal was trying to avoid paying benefits due. Nevertheless, depending on the agent you spoke with, the information provided may have been less clear about the best claiming strategy for you - which is why the AMAC Foundation's Social Security Advisory Service exists. Our advisors are all highly experienced and strive to provide you with complete and clear information which enables you to make an informed choice about how and when to claim the Social Security benefits you are entitled to. I hope we have succeeded.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadvisor@amacfoundation.org.

Melissa Myers On Dean College President's List

Melissa Myers of Quincy semester at Dean College in Franklin. has been named to the President's List for the spring

Golf Tourney Raises Over \$100,000 For Veterans' Assistance, Resources

More than \$100,000 was raised on June 9th when NeighborWorks Housing Solutions, a housing service provider in southern Massachusetts, hosted its 24th annual Mulligan Golf Tournament.

Proceeds from the tournament will support the NHS Veteran's Fund that provides resources and assistance to veterans and their families being served by NHS. The event was held at Brookmeadow Country Club in Canton and attended by more than 150 golfers.

Following a performance of the national anthem, golfers participated in a scramble-style tournament. In addition, golfers were invited to join several other activities, including cornhole, poker, and a dice game - all featured at select holes throughout the course.

Golfers and volunteers were treated to a catered lunch and program that detailed the work being done by NHS in support of veterans and their families.

"Thank you to all the golfers and sponsors who supported our Mulligan Golf Tournament," said Robert Corley, CEO of NeighborWorks Housing Solutions. "Your commitment to ensuring that all veterans and their families have a safe and affordable place to call home is humbling."

The tournament originated in the year 2000 by a few key NHS board members who wanted to raise resources to help veterans and their families facing housing

Samantha Smith Graduates Hamilton

Samantha Smith of Quincy recently graduated from Hamilton College in Clinton, N.Y.

Smith received a Bachelor of Arts degree and majored in mathematics.

Ajahni Strickland On Dean's List

Ajahni Strickland of Quincy has been named to the Dean's List for the spring semester at Dean College in Franklin.

QUINT'S
House
of Flowers
Family Owned & Operated
Since 1919
761 Southern Artery
QUINCY
617-773-7620



PARTICIPANTS IN THE NeighborWorks Housing Solutions' 24th Annual Mulligan Golf Tournament included (from left to right) Creed Cotard, Michael Nyhan, Danyl Collins and Lourenco DaSilva of Four Core Valuations in Canton. *Courtesy Photo*

insecurity. Over the past 24 years, this event has grown to become one of NHS' signature events and continues to sell out year after year. As it did last year, this year's Mulligan Golf Tournament exceeded its fundraising goal by 25 percent.

Corley extended a special thank you "to our generous sponsors and supporters who made this event another

record breaking tournament." During the post-golf program Corley reminded golfers and volunteers of their importance in helping to end veterans' homelessness as their support makes a difference in ensuring that flexible resources are available to veterans to meet their individual needs.

Key sponsors for the 24th annual Mulligan Golf Tour-

namment were "Tips" Sponsor Curtis Construction Co.; Sweet Spot Sponsors NEI General Contracting, Atlantic Mechanical Contractor, Klein Homig and South Shore Bank; and Golf Cart Sponsor Dedham Savings.

Preparations are underway for the 25th anniversary Mulligan Golf Tournament, with details to follow in the near future.



Massachusetts Oral & Maxillofacial Surgery
accepts Mass Health Insurance

We Can Improve Your Smile

- Dental Implants
- Wisdom Teeth Removal
- Tooth Extractions
- Oral Biopsies
- TMJ Treatment
- Same-Day Appointments
- New Patients Welcome

MassOMS

MASSACHUSETTS ORAL &
MAXILLOFACIAL SURGERY

Quincy Office

500 Congress Street
Suite 3D
Quincy, MA 02169

617-286-3709

MassOMS.com/Quincy



Deven Riley-Marini Assistant Project Manager At DJSA Architecture

DJSA Architecture PC, a full-service architectural firm specializing in commercial and corporate design, announces Deven Riley-Marini has joined the firm as an assistant project manager.

In this role, Riley-Marini assists with developing programming and design concepts, produces documents for all phases of design, documents existing field conditions, and communicates and coordinates with the client, members of the design team, and project consultants. She also participates in construction administration services including site visits and project meetings, and manages questions and issues that arise throughout construction.

Previously, Riley-Marini was a project manager and designer for Choo & Company, Inc.

A Quincy resident, Riley-



DEVEN RILEY-MARINI

Marini earned a bachelor of arts degree in architecture at the University of Massachusetts Amherst. She is an avid reader and enjoys hiking, camping, or skiing in her free time.

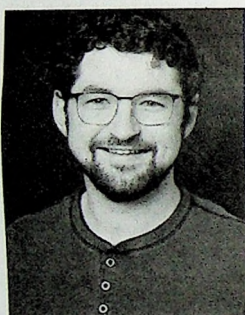
"Deven has a great combination of design and technical skills, industry experience, and interpersonal skills," said Dennis Swart, president of DJSA Architecture PC. "We're very excited to have her as part of our team!"

Quincy's Luke Molloy Conducts At Cape Playhouse

Quincy resident Luke Molloy will music direct and conduct Jersey Boys at the Cape Playhouse in Dennis, as part of their historic 97th season. Jersey Boys opened July 5 and runs through July 22.

Jersey Boys follows the fascinating evolution of four blue-collar kids who became one of the greatest successes in pop-music history, and unfolds the secret of a 40-year friendship of the foursome as they worked their way from the streets of New Jersey to the heights of stardom. The show includes electrifying performances of chart-topping hits including "Sherry," "Big Girls Don't Cry," "Can't Take My Eyes Off You," and "My Eyes Adored You," which brought The Four Seasons the highest honor: induction into the Rock 'n' Roll Hall of Fame.

Directed by Joyce Chitlick and choreographed by Rick Faugno, this production features several veterans of the Broadway and off-Broadway companies recreating their roles for Cape audiences, including Joey LaVarco as Frankie Valli, Rory Max Kaplan as Tommy DeVito, Stephen Cerf as Nick Massi, Barry



LUKE MOLLOY

Anderson as Bob Crewe, and Miles Aubrey as Norm Waxman.

Molloy recently spent eight months as music director of the Norwegian Cruise Line company of Jersey Boys, traveling to 10 different countries across North, Central, & South America. He is a 2019 graduate of North Quincy High School and a 2023 graduate of Berklee College of Music, where he studied professional music and theater music direction.

Molloy will next be seen as assistant music director for Escape to Margaritaville at North Shore Music Theatre in Beverly, from Aug. 15th - 27th.

For more information about Season 97 at the Cape Playhouse, visit <https://www.capeplayhouse.com/>.

Veronica Bentley On UMaine Dean's List

Veronica Bentley of Quincy has been named to the Dean's List for the spring semester at the University of Maine.

Bentley is a political science major and a member of the Class of 2025. She is a 2021 graduate of Quincy High School.

Koch Gives Updates On Expanded Composting, Uniform Trash Barrels

Cont'd From Page 3

"We kind of put the pause (on it) because the whole recycling market is way, way off. Our budget went up a million dollars this year for recyclables because the market value isn't there for the recyclables," he said when asked about the trash and recycling initiative.

"We've got to do a little bit more analysis. Where are we going to be? Is there going to be recycling? Is this just a PR stunt that we're picking up recyclables but it's ending up in a landfill anyway - what are we doing? Or, is the market going to be back?"

"I didn't want to make all kinds of major investments if things are going to shift and change, so we're trying to nail that down. And I don't know if we'll have the final answer on that. At some point, we'll have to make a decision and move forward."

"It's concerning. The recycling, we used to get pay-back for the recyclables in the market. Now it's costing us more to get rid of it because the market isn't there for those things anymore."

"It's an interesting quandary and I think the state is probably going to have to be more active in the solution for municipalities. It's like

when the state says no more mattresses in the collection. Well that's great, but people leave the mattress out. What do we do with it?"

Effective last November, the state now requires that mattresses be recycled rather than disposed of. Quincy officials made the decision to keep collecting mattresses for recycling, Koch said.

"We live in an urban setting. We're not in a little town that can enforce these things heavily," he said. "If someone puts a mattress out in front of the house - whether they do it right and call it and we schedule it or we end up picking it

up - and it's a three-family home, who do you hold responsible? Who do you write the ticket to? It gets very difficult."

"When the state makes these changes, it puts more burden on the municipality for sure, but I'm not going to be leaving mattresses hanging around. We've got to deal with it."

"We went through that with TVs a number of years ago and then over time it kind of fixed itself as people learned there's a process, here's a phone number to call. I think over time it will get better. It's that transition period that we're in."

Kathryn Hubley Seeks Re-Election To Quincy School Committee



KATHRYN HUBLEY

Kathryn Hubley announces her candidacy for re-election to the Quincy School Committee.

Here is the text of Hubley's campaign announcement submitted to The Sun for publication:

First elected in 2011, Hubley is seeking her fourth term. With a wealth of experience as a Quincy Public School parent, foster parent, and teacher, she firmly believes in the importance of bringing a diverse perspective to the School Committee. "My perspective as a parent, foster parent, and teacher makes me uniquely qualified to serve as an effective leader on the Quincy School Committee," said Hubley.

On the school committee, Hubley worked together with her colleagues to restore the literacy program and added paraprofessionals in all kindergarten classrooms. Hubley also successfully advocated for math interventionists, media specialists, and vocational programming in both high schools. Most recently, she successfully advocated for the addition of more teacher positions at both high schools. "There is nothing more important than making sure our students have the highest caliber educators in the classrooms. Investing in our teachers is an investment in our students' futures and the future of our community. My focus is to ensure a fair and equitable education experience across all our schools while embracing each school's unique qualities."

Hubley believes that being highly accessible and responsive is essential as a school committee member. "Being accessible goes beyond responding to emails

and extended and continuing education opportunities to more than 9,000 students.

"Our schools continue to evolve and adapt to our ever-changing community, making them truly remarkable. Having an experienced and dedicated team on the School Committee is crucial," Hubley emphasized. "With the changes in our community and state mandates, we need diverse perspectives and a thorough understanding of our schools throughout the city. It is vital to support our professional teaching staff with the necessary resources to succeed in this changing environment."

Before joining the School Committee, Hubley worked as a teacher of Preschool through Kindergarten. Since her children enrolled in Quincy Public Schools in 2004, she has been a devoted Quincy Public Schools volunteer, having served as PTO President and President of the Quincy Citywide Parents Council.

Outside of her commitments with Quincy Public Schools, Hubley is a founding member of the Porch Fest Quincy team and Vice President and co-founder of the Wollaston Hill Neighborhood Association. She

has also been an active volunteer for Quincy Pride since its establishment. Since 2021, Hubley has served as the Community Affairs Coordinator at the Norfolk County Sheriff's Office, leading the Youth Substance Use & Mental Health Taskforce. Additionally, she serves on the board of directors for the Friends of the Kennedy Center.

Hubley and her family reside on Wollaston Hill, where she lives with her husband Walter and their son Nathan, who recently graduated from North Quincy High School and is currently pursuing a computer science degree at the Wentworth Institute of Technology. Their daughter Victoria graduated from Lesley University and is working as a college counselor supporting international students applying to schools in the U.S.

Hubley will host a campaign reception on Thursday, July 27th from 6 to 8 p.m. at Malachy's Saloon at 51 Granite St. in Quincy - all are invited to attend. Please visit her website www.KathyHubley.com or contact her at khubley@comcast.net for more information.

Christ Church SOS Beach Church Service Sunday

Christ Church SOS continues its Beach Church services each Sunday morning at 8 a.m. on Wollaston Beach between the Squantum and Wollaston Yacht Clubs and all are invited to attend.

This week's message will focus on the beautiful Lord's Prayer and what a blessing it can be to our lives. The Christ Church website can be found at christchurchmobmin.org.

More Quincy news:
The Quincy Sun.com

Do You Feed Your Eyes?

By Dr. CAROLANN SPERANZO, DHS, RDO

Eye conditions such as age-related macular degeneration (ARMD) continue to be diagnosed in ever increasing numbers. The latest projection from Lancet Global Health is that more than 700 million will experience this condition by 2045. According to Dr. Saidivya Komma, the current estimate is that the cost to healthcare systems globally to treat this condition is more than \$300 million per year. This will become a major burden to healthcare costs especially with the older population since the condition develops often with aging. Scientists are finding that one major factor is what is referred to as oxidative damage to the eyes.

Such damage occurs when certain nutrients are lacking. Recent studies show that this may be countered by reducing inflammation with antioxidants. These are available both in food as well as vitamin supplements. Perhaps the most significant antioxidant for eye health is vitamin C. However, as with many supplements, more does not always mean better – it is important to maintain the recommended dose such as that included in AREDS products. These products include lutein and zeaxanthin – both of which protect the eyes from stress due to blue and ultraviolet (UV) light exposure. Blue light is often perceived as coming just from electronic screens, but it is sunlight as well. A good reason to purchase quality sunglasses with protection from exposure to these types of light. Often, people forget that both blue light and UV light rays occur daily even on cloudy days.

What can you do to minimize damage from such everyday exposure? First and foremost, stop smoking as this is the primary risk factor for (ARMD). Next, see your eye care professional for fine quality sunglass lenses, prescription or nonprescription.

Mercury Remains Prohibited In The Mail

The Postal Service is reminding customers that metallic mercury and devices containing metallic mercury are always prohibited in the mail stream. This includes antique items such as thermometers, barometers, blood pressure monitors and similar devices. However, compact fluorescent lamps, which contain small amounts of mercury in vapor form, are mailable domestically but not internationally.

Here's what you should do:

1. Review USPS Publication 52, Hazardous, Restricted, & Perishable Mail, to find out if your item is mailable.
2. Follow U.S. laws and U.S. Postal Service hazmat guidelines.
3. Ship items securely with required labels and markings. Customers can take their package to a Post Office location to make sure it is labeled correctly.

Cont'd On Page 15

Age Gracefully With Mindful Movement

By LORI SCOTT

The term mindfulness has become more popular in recent years. Many associate mindfulness with a mental practice of being aware in the present moment. While that is true, growing research shows that mindfulness is also an integration of the information that is gained through awareness of the physical body. Through this understanding, we can improve our mental AND physical health throughout our daily activities.

What is Mindful Movement?

When you engage in different daily activities (taking a walk, doing laundry, gardening, etc.) while placing all of your attention on how that action feels in your physical body, you are practicing mindful movement. Rather than engaging in activities with the intention of mastering a skill, consider moving and breathing in a way that shifts your focus from feeling busy and distracted to feeling present, strong and capable.

Let's try this exercise. From a seated position in a chair, stand up as you would normally do without much thought or awareness. Then, sit back down.

Now, bring your awareness to your breath, notice where you feel your breath, how your body responds and moves with your breathing. Notice how your physical body feels seated in the chair.

Bring awareness to your feet. Wiggle your toes. Feel your feet touching the surface beneath you. Press your feet firmly into the floor. Tighten your glutes, upper thighs, calf muscles, engage your core by pulling your navel in toward your spine. Take a moment to notice the position of your back while you are sitting here. Breathe.

Sitting tall, begin pushing into your heels, leaning forward with your spine elongated and lowering your chin slightly toward your chest to lengthen your neck.

Place both palms on your thighs and slowly raise your body off the chair but not fully, just hover over the chair for a few deep breaths if you can.

As you hover, pay close attention to how your body, your breath and your mind are responding to this shift in movement. As the intensity increases, deepen your breath again. If this feels painful, sit back down and notice how your body responded to the change in position.

From this hovering position, press the floor away from you to stand tall and strong. Take a moment to notice the weight of your body on your feet and the strength in your legs. Roll your shoulders back and stay with this awareness for a few breaths. Ahhh, you made it! One more deep breath.

You may have come away from this exercise with a feeling of increased awareness, confidence in your posture and quality of your movement. Other activities done mindfully like this can have similar outcomes.

Use it or lose it.

Not only does movement keep our bodies active, movement is a fundamental aspect of life. Studies have shown that being physically active can improve your brain health, circulation, digestion, help manage weight, reduce the risk of disease, strengthen bones, muscles and joints, improve your overall well-being and your ability to do everyday tasks.

When we move our bodies, we break up deep tissue that surrounds our organs, muscles, bones, tendons, and ligaments. This tissue is called fascia and it's responsible for the stiffness we feel in our bodies when we are sedentary. Think of fascia as representing the length of time that deep tissue doesn't move. The longer fascia sits, the more it thickens, tightens and restricts your movement.

Do you get out of bed in the morning only to sit down and eat breakfast, sit on your commute to work, sit at your desk, sit on your commute home, sit for dinner and then sit on the couch to watch TV or browse your phone before bed? No judgment here, we all do it. The problem is, our bodies are designed to move. So, if you're not feeling very flexible, it could be that your fascia just needs to get moving! As the saying goes - use it or lose it!

Tips for Aging Gracefully with Mindful Movement

As we age, we are susceptible to falling, changes in muscle mass, slowing down of the nervous and digestive systems, slowing down sensory function, changes in walking gait and changes in our major senses - vision, smell, taste, hearing, touch. All of these factors change and limit our ability to move. My grandfather's secret to living an active life until 98 years young? Keep moving.

Studies show that if we can understand the relationship to our mind and body movement throughout our day, we may have the key to longevity and health. So, the antidote for aging just might be mindful movement, staying active,

MONTHLY

MINDFULNESS

By Lori Scott, E-RYT 500

OWNER OF LORI SCOTT YOGA & WELLNESS



healthy eating and a positive attitude of feeling present, strong and capable!

Stay physically active. Move as much as possible. Even if your day calls for periods of sitting, practice sitting and standing with intention just like you did a moment ago. Keep the synovial fluid in your joints active.

Stretch. To help reduce pain, inflammation and fascia tightness, stretch in any way that feels nurturing for your body. Our bodies move and glide easier when warm so it's the perfect time to get outside and MOVE! Take a walk on the beach, reach your arms overhead for a full body stretch, feel each footprint in the sand, breathe with each step, stay present as you move.

Acceptance. It can be easy to think of your body as your enemy, instead, think about what you can do to respect your body & mind. Move without any negative thoughts or judgments about your body. Be patient and trust your body. Be curious and explore what you feel in your body when you move.

Focus on the non-doing instead of doing. Let go of the constant "doing" and focus on "being" in your body. If you have tightness or pain, your body is trying to tell you something. Slow down and listen.

Hydrate. Our bodies perform better when they are hydrated. Take your body weight and divide that number in half. That is how many ounces of water you need each day to stay hydrated! Now is the perfect time to increase your water intake as the outside temperatures rise.

Exercise the connection between your brain and your body. Ask yourself: What do I feel in my body? Am I feeling anything right now or am I on auto-pilot? How do I want to move? How old do I feel today?

Be "in the zone." Athletes refer to mindfulness as being "in the zone." This state is what allows them to perform at high levels and possibly avoid injuries. THE SAME GOES FOR YOU! Improve your performance, avoid injuries, increase your confidence and generate a body and mind connection for optimal functioning. Be "in the zone" with your movement.

Now take this awareness into all of your activities throughout the day. Folding laundry, cooking a meal, loading the dishwasher, getting in and out of the car, brushing your teeth, walking up/down stairs, riding a bike, gardening, waiting at the doctor's office, exercising or working.

"If you don't keep moving, you'll forget how to walk. Do your exercises." - Charlie Santoro, age 98

Let's get moving together - join a yoga community this summer! Our welcoming, non-competitive, loving community meets on Wollaston Beach (across from Hollis Avenue) every Sunday at 8 a.m. through September. Class is for all levels, beginner friendly. No yoga experience or flexibility needed. Together, we practice breathing, slowing down and having some fun. 'Easy like Sunday morning' is our motto! Class is normally \$15/p but on Sunday, July 16th at 8 a.m. class is FREE thanks to Friends of Wollaston Beach sponsoring next week's class!

For details and to reserve your spot for the July 16th class, please email loriscottyoga@gmail.com or visit www.loriscottyoga.com.

Lori is an experienced 500 hour Certified Yoga Teacher with Yoga Alliance, Owner of Lori Scott Yoga & Wellness studio, Founder & Director of her Registered Yoga School (RYS 200) and a Yoga Alliance Continuing Education Provider. Lori specializes in certification programs, 200 hour Yoga Teacher Trainings and facilitating Meditation and Stress Management classes for local corporations.

In addition to teaching yoga, meditation, wellness classes & workshops, Lori is a trained Trauma-Conscious Yoga Teacher offering free yoga to Service Members, Veterans & First Responders. Lori also holds certifications in Clinically-Informed Restorative Yoga, Kids Yoga, Seniors Yoga, Chair Yoga, Balanced Athlete® and Barre. Lori is mostly known in the community for teaching her signature Beach Yoga classes.

Lori Scott Yoga & Wellness is located at 645 Hancock St. in Wollaston. www.loriscottyoga.com

One Fire Captain, Four Lieutenants Promoted

By SCOTT JACKSON

Five Quincy firefighters received promotions – one to the rank of captain and four to the rank of lieutenant – as the department prepared to bring a fourth ladder company in service for the first time in more than 30 years.

The five firefighters were promoted the afternoon of June 30 in the McIntyre Government Center, taking their oaths from City Clerk Nicole Crispo and receiving their pins from family members. Ten Quincy police officers were promoted shortly thereafter in a separate ceremony.

During the ceremony for the Quincy firefighters, Mark Kennedy was promoted to the rank of captain from lieutenant and William Kelley, Wendell Cosgrove, David DeYoung and Joseph Verlicco were all promoted to the rank of lieutenant.

Kennedy had joined the department in August 1996 and had been promoted to lieutenant in September 2011. Kelley was hired in December 2006, Cosgrove in February 2017, DeYoung in November 2008 and Verlicco in March 2006.

The firefighters received their promotions one day before Ladder 4 came into service on July 1, the start of fiscal year 2024. The Fire Department previously had four ladder companies, but the fourth was taken out of service in 1990 amid budget cuts. Mayor Thomas Koch included funding to restore the fourth ladder company in his budget proposal for fiscal year 2024, which city councillors approved.

Speaking during the promotional ceremony on June 30, Fire Chief Joseph Jackson called it a spectacular day for all involved.

"It's a spectacular day for all of you, it's a spectacular day for the city, it's a spectacular day for the Fire Department, quite frankly, because usually I'll start this off by thanking the mayor for filling these promotions in such a timely fashion when a vacancy presents itself," Jackson said.

"This is different. This

is additional manpower... these promotions today reflect Ladder 4 going back into service tomorrow, which is huge."

The chief said it is unusual for a municipality to bring back a fire truck after it has been taken out of service.

"This is just something that doesn't happen. Once you lose a ladder truck, once you lose an engine, once you lose a rescue [truck], you don't get it back. It's very, very rare," Jackson said. "This mayor has given us our rescue back in September of 2016 and now Ladder 4 is going back into service. What that translates into is more lives saved, more properties saved and fewer injuries."

Ladder 4 is based out of the Houghs Neck firehouse on Sea Street, along with Engine 6. Having the ladder truck there will better serve Houghs Neck and surrounding neighborhoods, Jackson said.

"Engine 6 has been pushing out three souls for 33 years. Now they're going to push seven members out to Houghs Neck, Germantown, Adams Shore, Merrymount," he said. "They're going to be there. These seven bodies are going to be arriving within six or seven minutes. This is incredible stuff."

Koch's chief of staff, Chris Walker, extended congratulations to the five firefighters being promoted, as well as their families, on behalf of the mayor, who was unable to attend the ceremony.

"On behalf of the mayor, I want to congratulate the candidates today and their families for their extraordinary service to the city and thank those families for sacrifices we know they have to make on a daily basis," Walker said. "Being part of a public safety household, the mayor knows full well the burdens this life places on family, and you should know he will always do everything in his power to support all of you."

Quincy has the best fire

Cont'd On Page 18



NEW QUINCY FIRE Captain Mark Kennedy (center) is sworn in by Nicole Crispo at a ceremony June 30 in the Great Hall of the James R. McIntyre Government Center (old City Hall). Looking on at right is Fire Chief Joseph Jackson.



FOUR QUINCY FIREFIGHTERS were also promoted to the rank of lieutenant at the ceremony. Taking their oath from left to right are William Kelley, Wendell Cosgrove, David DeYoung and Joseph Verlicco.

Quincy Sun Photos/Robert Bosworth



QUINCY FIRE DEPARTMENT'S Ladder Company 4 was put back in service July 1 after being out of service since March 27th of 1990. Ladder 4's crew (from left): Lt. Patrick Bryan, Matthew Flaherty, Shane Bowen and Deming Yang.

Photo Courtesy Michael Worley

I make house calls!



Interior decorating,
home décor sewing,
downsizing/decluttering,
home staging,
decorating seminars

Secretary of the Interior

Creative solutions at reasonable rates
Call Barbara at 617-921-6033
www.sec-interior.com

2 Police Captains, 4 Lieutenants, 4 Sergeants Promoted

By **SCOTT JACKSON**

Ten Quincy police officers with nearly two centuries of service between them were recently promoted, including two new captains, four lieutenants and four sergeants.

The officers were promoted the afternoon of June 30 inside the McIntyre Government Center. City Clerk Nicole Crispo swore in the officers, who were then pinned by family members. Five Quincy firefighters had been promoted an hour earlier.

At the ceremony for the police officers, James Flaherty and Ralph Willard were both promoted to captain from lieutenant. Flaherty had been hired in September 1998, promoted to sergeant in February 2012 and to lieutenant in September 2018. Willard was likewise hired in September 1998 before being promoted to sergeant in March 2010 and lieutenant in December 2016.

Flaherty will be in charge of the department's special operations unit, Police Chief Mark Kennedy said. Willard will be in charge of the department's traffic unit, which will now be led by a captain on a full-time basis.

Promoted from sergeant to lieutenant were James Parisi, Brian Flaherty, Joseph Lencki and David Pacino. Parisi was hired in September 2005 and promoted to sergeant in January 2021. Flaherty was hired in August 2003 and promoted to sergeant in March 2012. Lencki was hired in May 1997 and promoted to sergeant in August 2005. Pacino was hired in August 2003 and promoted to sergeant in February 2016.

Promoted to sergeant were Christian Donovan, Christopher McDermott, Thomas Pepdjonovic and Michael Dougan. Donovan was hired in December 2012, McDermott in September 1998, Pepdjonovic in August 2003 and Dougan in January 2014.

The promotions in the police department will fill

vacancies created by retirements as well as Kennedy's promotion to police chief earlier in June.

Speaking at the promotion ceremony, Mayor Thomas Koch expressed his gratitude to the Quincy Police Department for the work its officers do on a daily basis.

"Just a couple of words of gratitude, first of all, to the entire department — all of you — for what you do each and every day protecting the citizens of this great city," he said. "You put it on the line each and every day, and it doesn't go unnoticed. I know you know we have your back, because you have our back."

"And I say 'we' because I know we have very supportive colleagues in government. The city councillors are very supportive of all the appropriations."

The department is now staffed at levels unseen in recent decades, the mayor added.

"We are really, really full with numbers. This is the biggest numbers we've had in over 30 years in our department, which is awesome. The city grows and the department should grow with the city," Koch said.

"The city is known as a safe and clean community. That's not by accident. That's the work you do each and every day keeping it that way. So I'm grateful for your service and continued work, your professionalism, and so glad for this great day for each of the individuals."

Kennedy thanked the families of the ten police officers for their support.

"This is such a great day for you and your families, but it's really an exciting day for the future of the Quincy Police Department as well," the chief said.

"I know and you all know we couldn't do it without the love and support of our families, so on behalf of the department I'd like to especially thank the families for supporting your husbands and your dads in their quest

Cont'd On Page 19



QUINCY POLICE CAPTAINS James Flaherty (left) and Ralph Willard were among 10 Quincy Police officers promoted at a ceremony June 30 in the Great Hall of the James R. McIntyre Government Center.



FOUR QUINCY POLICE lieutenants are sworn in at a ceremony June 30 in the Great Hall of the James R. McIntyre Government Center. From left to right are Lt. James Parisi, Lt. Brian Flaherty, Lt. Joseph Lencki and Lt. David Pacino.



FOUR QUINCY POLICE sergeants are sworn in at a ceremony June 30 in the Great Hall of the James R. McIntyre Government Center. From left to right are Sgt. Christian Donovan, Sgt. Christopher McDermott, Sgt. Michael Dougan and Sgt. Thomas Pepdjonovic.

Quincy Sun Photos/Robert Bosworth

Joyce & Gendreau
Jewelers

Custom Designs • On-Premise Repairs
Quality Jewelry • Great Values
Over 100 Years of Honesty and Reliability
Friendly, Family Business

52 Billings Road No. Quincy
Facebook/JoyceandGendreau 617.328.0084

On Wednesday, July 5th, Officers Alzened and O'Flaherty were dispatched to All Town Check Cashing on School Street for a report of an unwanted female customer.

On arrival the clerk told the officers that a female had come into the store and produced a \$100 US currency bill. She stated that she accidentally threw it in the washing machine.

The bill was in poor condition. The officers also noticed that on the back of the currency, the word "COPY" was on the back of the currency. Using a counterfeit marker to check the currency also showed a positive reading that the bill was in fact fake.

The female was identified by the officers and court records showed that she had an active straight warrant out of Higham District Court for the crimes of criminal threat and larceny, which occurred in the Town of Hull. The female defendant will also be charged with MGL Chapter 267 Section 10 uttering counterfeit US currency.

A Job Well Done

By OFFICER GREGG HARTNETT
Public Information Officer
Quincy Police Department

Job Well Done!

On Tuesday, July 4th, 2023, Officer Sean Milliken and several other officers were dispatched to the Stop and Shop on Southern Artery for a report of a shoplifting in progress. Our Communications Division updated the officers that the Loss Prevention Officer had been struck in the head by the suspect.

Officer Walker located the suspect near Roxie's Market. A short foot pursuit followed, and the suspect was detained in the parking lot of McDonald's.

The suspect had stolen a basket of chicken. When he was confronted by the LPO, the suspect began yelling profanities and physically fighting to flee with the chicken. The suspect struck the LPO on the side of the head knocking him to the ground. Still in a rage the suspect then fled the store and was quickly located by Officer Walker.

The Loss Prevention Officer did suffer injuries, bruising on his face and bleeding from his ear. He refused transport to the hospital after being examined by Brewster Ambulance. The LPO issued a trespass order to the suspect from the Stop and Shop property.

The suspect was arrested and transported to Quincy Police Headquarters for booking. He will face charges at Quincy District Court for Massachusetts General Laws, Chapter 265 Section 13K assault and battery on a person over 60 causing bodily injury, Chapter 266 Section 30A shoplifting by asportation and Chapter 268 Section 32B resisting arrest. Job Well Done!

QUINCY POLICE CRIME AWARENESS JOURNAL

Entries submitted by the Quincy Police Department

FRIDAY, JUNE 30

SHOPLIFTING, 12:35 a.m., CVS Pharmacy, 626 Southern Artery. Strongly advised. Items returned and sent on way.

VANDALISM/PROPERTY (city property), 8:09 a.m., Generals Park, General Dunford Drive. Sprinklers damaged. Report to be filed.

DISORDER (ongoing), 12:56 p.m., 30 block of Summer Street. Landscaping company working, male neighbor is unruly. Comes out and yells about blowers. Advised, peace restored.

LARCENY (three bicycles stolen), 2:59 p.m., 50 block of Suomi Road. Reporting party from QPD lobby states three bicycles stolen from back yard at address above. Case number provided.

DISORDER (staff and guest), 4:20 p.m., Holiday Inn. 1 Arlington St. Peace restored.

SHOPLIFT (female), 6:03 p.m., Walmart, Falls Boulevard. Items recovered, suspect trespassed and sent on the way.

DISORDER (past), 7:34 p.m., 550 Adams St. Male came into store and started yelling. He fled in unknown direction. Report filed.

DISORDER (no weapons), 9:01 p.m., Wash Dry, 26 Hobart St. Peace restored, sent on the way.

LARCENY (scooter), 9:06 p.m., Collins Rest Awhile, 1 Merrymount Parkway. Gray scooter stolen from park. Report filed.

SATURDAY, JULY 1

LARCENY/BIKE (bike stolen), 7:18 a.m., 50 block of Suomi Road. Three bicycles were stolen from the yard. Unable to locate, report to be filed.

LARCENY (purse), 12:51 p.m., 2 Hancock St. Purse stolen. Report to be filed.

LARCENY (key), 5:19 p.m., 40 block of Bicknell Street. See caller in police lobby. Report to be filed.

SHOPLIFT (just occurred), 5:26 p.m., Stop and Shop Supermarket, 65 Newport Ave. Four youths stole beer and fled. Store to handle. Youths gone on arrival.

SHOPLIFT (gasoline), 6:33 p.m., Towne Pump, 59 School St. Person found means of payment and paid.

DISORDER (two males), 10:50 p.m., Cliveden and Hancock Streets. Persons left in an Uber prior to officers' arrival.

SUNDAY, JULY 2

VANDALISM/PROPERTY (broken windshield),

9:17 a.m., 77 Adams St. Report to be filed.

LARCENY (package), 11:59 a.m., 4 Crown Dr. Report to be filed.

SHOPLIFT (four juveniles), 8:09 p.m., Walmart, 301 Falls Boulevard. Store got items back. Parties trespassed by Loss Prevention.

MONDAY, JULY 3

SHOPLIFT (three females), 12:16 a.m., CVS Pharmacy/24 Hour, 42 Beale St. Females fled before officers' arrival. Store to handle.

BREAKING AND ENTERING/PAST (no lock on apartment door), 3:05 a.m., 995 Southern Artery. Report to be filed.

VANDALISM/PROPERTY (car), 1:04 p.m., Hayden and West Streets. Report to be filed.

SHOPLIFT (female), 2:25 p.m., Stop and Shop Supermarket, 495 Southern Artery. Female in all black fled back into store after being approached. Female trespassed by Loss Prevention in presence of Patrolman Hughes.

VANDALISM/PROPERTY (broken wiper), 10 p.m., Binnacle Lane. Caller states someone ripped off her back windshield wiper. Case number provided.

TUESDAY, JULY 4

UNARMED ROBBERY/ATTEMPT, 12:34 a.m., 380 block of Palmer Street. No suspect info. Attempted to take her purse, but nothing was taken. Victim provided courtesy ride home. Report to be filed.

LARCENY (lumber), 1:01 a.m., Home Depot, 465 Centre St. Report to be filed.

DISORDER (youths), 1:38 a.m., Quincy Shore Drive and West Elm Avenue. Youths arguing, not requiring police assistance.

DISORDER (arguing), 7:52 a.m., Burger King, 62 Granite St. Customer going after the manager. Peace restored, clear.

SHOPLIFT (watching one), 12:33 p.m., Stop and Shop Supermarket, 65 Newport Ave. One under arrest charges assault and battery on person over 60, resisting arrest and aggravated shoplifting.

SHOPLIFT (youths), 8:47 p.m., Walgreen Pharmacy, 132 Granite St. Officers spoke with the youths. They had no items on them.

WEDNESDAY, JULY 5

SHOPLIFT (various items), 2:30 a.m., CVS Pharmacy/24 Hour, 42 Beale St. Female was trespassed by Loss Prevention and sent on the way.

SHOPLIFT (straight warrant), 7:08 a.m., Home De-

pot, 177 Willard St. Arrest made for warrants. Report to be filed.

LARCENY/MOTOR VEHICLE (past), 11:28 a.m., Milton Road. Report to be filed.

DISORDER (arguing), 2:49 p.m., Pearl Vision Center, 470 Southern Artery. In the parking lot. Arguing over a road rage. All sent on way, advised.

RECEIVING VEHICLE, 5:28 p.m., Burgin Parkway Extension and Walter J. Hannon Parkway. Three under arrest for receiving stolen motor vehicle and receiving stolen property.

DISORDER (unwanted), 5:43 p.m., Faxon Commons, 1015 Southern Artery. Argument about pool passes; peace restored.

THURSDAY, JULY 6

LARCENY (trash can), 7:34 a.m., Cliff Street. Case number provided.

BREAKING AND ENTERING/PAST (storage unit), 12:06 p.m., Extra Space Storage, 27 Liberty St. Report filed.

SHOPLIFT (past), 12:42 p.m., BJs., 200 Crown Colony Dr. Report to be filed.

DISORDER (male), 12:48 p.m., 170 block of Centre Street. Male gathered belongings and went on way.

LARCENY (electric bike), 1:32 p.m., Ocean State Job Lot, 141 Newport Ave. Stolen within last 15 minutes. Report to be filed.

SHOPLIFT (male), 3:35 p.m., Walmart, 301 Falls Boulevard. Person fled, report to be filed.

DISORDER, 4:54 p.m., Father Bill's Place, 38 Broad St. Unruly male left the area on officers' arrival.

DISORDER (over parking), 4:58 p.m., North Quincy Post Office, 454 Hancock St. Peace restored. Party sent on way.

VANDALISM/PROPERTY (broken back wiper), 5:31 p.m., 15 Quadrant Cir. Report to be filed. Suspect removed wipers from 15 different cars.

DISORDER (past), 6:34 p.m., 40 block of Winter Street. Peace restored.

SHOPLIFT (arrest), 6:36 p.m., Walmart, 301 Falls Boulevard. One person under arrest on warrants.

ASSAULT AND BATTERY (fight), 7:56 p.m., 80 block of Bayview Avenue. 6-7 youths fighting. Report filed.

DISORDER (customer/staff), 8:11 p.m., Wendy's Restaurant, 520 Southern Artery. Advised, sent on way.

FRIDAY, JULY 7

LARCENY/MOTOR VEHICLE (just happened), 12:51 a.m., McDonald's, 275 Hancock St. Report to be filed.

BBB Tip: Student Loan Forgiveness

By BETTER BUSINESS BUREAU

The Better Business Bureau is warning that scammers are taking advantage of recent changes to student loan repayment programs to confuse borrowers, tricking them into falling for various schemes.

In September 2023, interest will begin to accrue again, and in October, minimum payments are set to resume. But just because student loan repayment is

on pause, for now, doesn't mean that scams are. Better Business Bureau encourages graduates to carefully research trustworthy sources related to federal repayment plans before giving personal information.

Watch out for companies promising to reduce debt by lowering payments through enrollment in student loan forgiveness or other programs. They may also falsely promise to apply monthly

Cont'd On Page 15

Sheriff's Office To Host Summer Safety Fest July 28 At Medway High School

The Norfolk County Sheriff's Office will host its second Sheriff's Summer Safety Fest in Medway on Friday, July 28th from 12-3 p.m. The event, which will be hosted at Medway High School at 88 Summer St., will provide activities, resources, information, and demonstrations for participants of all ages.

"Summer is a great time to live in Massachusetts - from our plentiful beaches to excellent hiking opportunities and more," said Sheriff McDermott. "The Sheriff's Summer Safety Fests are our way to help you kick off the summer with a fun and exciting time while also getting prepared to enjoy these activities safely. Whether it's our Touch-A-Truck space, high ropes course experience, safety demonstrations, or resource tables, these events will have something for everyone."

Families who attend will have the chance to visit with local community organizations, learn about public safety re-

sources, and enjoy a variety of activities for all ages. Attendees will be able to see a K9 demonstration, enjoy a series of inflatable obstacle courses, try out the high-adventure ropes course, and tour a Touch-a-Truck area. The Sheriff's Office will also provide free food throughout the event.

The event location, Medway High School, is also where the Sheriff's Office is hosting their new Youth Leadership Academy location. Families interested in learning more about the Youth Leadership Academy are encouraged to attend.

One final Sheriff's Summer Safety Fest is planned for August in Sharon. Details about the next Sheriff's Summer Safety Fest will be announced soon.

The Sheriff's Office recommends that the public follow their social media channels (@NorfolkSheriff on Instagram, Facebook, and Twitter) for announcements about this and other programs.

Exploring The Principles And Foundations Of Islam With OLLI July 20 At Crane Library

The Thomas Crane Public Library invites the public to take a thought-provoking deep dive into the essential principles of the Islamic faith on Thursday, July 20, from 1:30 to 3 p.m. when visiting research fellow Muhammad Iqbal Uddin Arif explores the richness and beauty of one of the world's largest religions.

Through lecture and discussion, participants will explore the intricate and nuanced aspects of Islamic culture, society, and spirituality. Whether you are a seasoned scholar of Islam or simply curious about this ancient religion, this presentation will provide you with a deep and comprehensive understanding of its principles and foundations.

Presenter Muhammad Iqbal Uddin Arif is a visiting research fellow in the Conflict Resolution, Human Security, and Global Governance Department of the McCormack Graduate School at UMass Boston. His research focus lies at the intersection of climate change and governance, with a specific emphasis on conducting a thematic analysis of the environmental regime in Pakistan. He holds a bachelor's degree in English literature and linguistics and a master's degree in governance and public policy.

This program is presented in partnership with OLLI. Visit the Library's online Events Calendar for more info.

Kickboxing At The Crane Library Lawn July 22

Korina of KNF Fitness joins the Thomas Crane Public Library on the lawn Saturday, July 22, from 10 to 11 a.m. for a fun, uplifting cardio kickboxing workout in another session of Summer Sweat Saturdays.

TCPL invites local trainers for fitness meetups on the second and fourth Saturdays of summer. Korina Nigro brings passion and excitement to the fitness series with workouts that build confidence and self-esteem.

"Whether you're a fitness enthusiast or just starting your wellness journey, this series offers something for every-

BBB Tip: Student Loan Forgiveness

Cont'd From Page 14

payments to consumers' student loans and to improve credit scores- all you have to do is pay a small fee so they can negotiate with the lender on your behalf. In another version, dishonest collectors claim they can save money by consolidating loans - if a minimal fee is paid. Please keep your personal information private and never give it to an unsolicited source.

Protect yourself from student loan scammers:

- **Research the lender.** Visit BBB.org to read business profiles and check out companies before working with them. The FTC has consumer education related to student loan debt relief scams at [ftc.gov/Student-Loans](https://www.ftc.gov/Student-Loans).

- **Report it.** If you have been a victim of a suspected

scam, report it at BBB.org/ScamTracker.

- **Empty promises lead to an empty wallet and more debt.** Only scammers promise fast loan forgiveness. Scammers often pretend to be affiliated with the government. Scammers also promise loan forgiveness for a fee. Never pay a fee upfront for help. Never share sensitive information, such as your FSA ID.

- **Find a reliable source.** Consumers can apply for loan deferments, forbearance, repayment, and forgiveness, or discharge programs directly through the U.S. Department of Education or their loan servicer at no cost and do not require a third party. For students in Canada, find more information about student loans and grants.

Mercury Remains Prohibited In The Mail

Cont'd From Page 11

Improper, undeclared, or prohibited hazmat (hazardous material) shipping can have serious consequences for everyone involved.

Full responsibility rests with the mailer to comply with all Postal Service and non-Postal Service laws and regulations in the mailing of hazardous material. Anyone who mails, or causes to be mailed, a nonmailable or improperly packaged hazardous material can be subject to legal penalties (i.e., fines and/or imprisonment), including but not limited to, those specified in 18 U.S.C. The transport of hazardous materials prior to entry as U.S. Mail and after receipt from the Postal Service is subject to Department of Transportation regulations.

If a person knowingly mails items or materials that are dangerous or injurious to life, health, or property, they may face a civil penalty of at least \$250, but not more than \$100,000 per violation, the costs of any cleanup associated with each violation, and damages. They may also face criminal penalties.

The Postal Service is committed to the safety and security of its employees, its customers, and its transportation networks and will remain vigilant in safeguarding the mail stream against any article that might pose a hazard to health, safety, property, or the environment.

Reminder: As of July 9, USPS requires Electronic Indicators when shipping Hazardous Materials (HAZMAT) and Dangerous Goods (DG). Publication 52, Hazardous, Restricted, and Perishable Mail (Pub 52) will be revised to incorporate new requirements for mailers to use unique Service Type Codes (STCs) and extra service codes (ESCs) within the tracking barcodes and electronic data submission for package shipments containing HAZMAT or DG.

More Quincy news:

The Quincy Sun.com

PAID POLITICAL ADVERTISEMENT

PAID POLITICAL ADVERTISEMENT

PAID POLITICAL ADVERTISEMENT

KOCH

FOR QUINCY

Please join us!

Open House

Koch Campaign Headquarters

Saturday, July 15, 2023 | 9:00-11:00 a.m.

1630 Hancock Street

Hope to see you there!
Tom

KOCH

FOR QUINCY

Committee to Re-Elect Mayor Tom Koch
P.O. Box 134, Quincy, MA 02170

617-773-5624

 KochForQuincy www.KochForQuincy.com



Real Estate

Quincy Real Estate Transactions July 3 - July 7

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER

Yuchen Chen & Jingtong Liu
Seung-Ryong Lee
County of Norfolk
Derek & Rebecca Englebrechtsen
Mark E. & Marla V. Golden
Alicia S. Ten-Pow
Jianqing Chen
Melissa M. Traft
Karen McKinnon

BUYER

Ya Gao & Mian Qin
Aquatic Treasures Inc.
Commonwealth of Massachusetts
Fei Chen
Lixiu Wu & Yuhong Lin
Hei Po Yiu
Judy W. Tang & Alex Chu
Ryan Gass
Joshua L. & Rachel L. Rivers

AMOUNT

\$618,000.00
\$450,000.00
\$10,400,000.00
\$490,000.00
\$705,000.00
\$293,000.00
\$510,000.00
\$395,000.00
\$570,000.00

ADDRESS

53 South Walnut Street Unit 2
234 Billings Road
50 Dennis F. Ryan Parkway
88 Village Drive Unit 9-5
190 Everett Street
100 Grandview Avenue Unit 9-C
120 Holmes Street Unit 315E
45-47 Mill Street
22 Pequot Road

June Real Estate Report: Average Sale Price, Dollar Volume Down

Decrease In Real Estate Activity Compared To June 2022; Rising Interest Rates Seen Among Factors

Norfolk County Register of Deeds William P. O'Donnell reports that Norfolk County recordings for the month of June 2023 indicate a continued decrease in overall real estate activity, with significant drops in average property sale prices and the total dollar volume of commercial and residential sales as compared to June 2022.

"As compared to last year, we are still seeing a decrease in overall real estate activity, however, this month the decrease in document volume was less pronounced than in previous months," O'Donnell said. "Despite the overall decline in activity throughout the county, there are still pockets of the market here in Norfolk County that are seeing growth and stability, particularly in certain neighborhoods and property types.

"Additionally, while overall real estate activity is down compared to 2022, the market continues to show steady seasonal fluctuations month over month."

The Norfolk County Registry of Deeds recorded 10,552 documents in June 2023, the highest one-month total of the year so far. This was 19 percent less than in June 2022 but 15 percent more than in May 2023.

"The decline in overall real estate activity can be attributed to a number of likely factors, including rising interest rates, a slowdown in new construction projects, and a lack of existing inventory," O'Donnell said. "The housing market has become increasingly competitive and difficult for consumers, especially first-time homebuyers, who may struggle to find affordable options in desirable areas."

Overall lending activity

showed a continued downward trend for the month of June. A total of 1,543 mort-

gages were recorded this month, 33 percent less than a year ago at the same time,

but up 8 percent from last month.

has seen the largest monthly volume of deeds and mort-

"So far this year, June

Cont'd On Page 17

How To Keep Cool Without Air Conditioning

By BARBARA GRACEFFA

Do you have some tips on keeping cool if I don't have air-conditioning? Bob

Advice abounds to stay cool passively without air-conditioning. Here are my top tips about windows, fans, lighting, appliances, bedding, sleeping locations, and keeping your body cool.

Windows

Close your curtains and blinds. Especially effective are black out blinds, insulated curtains, and solid shutters because 25% of summer heat comes in through the windows.

Add insulation in your walls and attic and weatherstripping along your windows to keep warm temperatures out and cool air in. Or try insulated window films which supply up to a 90% reduction in infrared heat.

On the outside of your home, plant trees to shade your windows, or install an awning or arbor with vines to reduce heat absorbed in your home.

When there is a gentle wind, open windows for a cross breeze; open them, too, during cooler evenings.

One more tip I just learned, spritz your curtains with water so the breeze sends cooler air into your room.

Fans

With open windows, place fans in hallways to create a cross breeze to draw in cooler air from the outside. Place a box fan in the window facing out to push heat outside.

And position your fans in the corner of the room, low to the ground. When budgets allow, install a whole house fan.

Need a super simple idea? Place a bowl of ice or ice packs in front of the fan to create a chilled airflow.

Here's a tip you may be new to you: turn on your bathroom and kitchen exhaust fan to push heat outside your home (skip this idea if your kitchen fan is vented back into the room.)

Lighting and Appliances

As your parents always told you, turn out lights when you don't need them; not only do they waste energy but they generate heat. In fact, incandescent lightbulbs consume 90% of their energy in the heat they give off, so replace them with compact fluorescent lights (CFLs). And it's a no-brainer to use heat-producing appliances like ovens, ranges, clothes dryers, and dishwashers during evening hours.

Bedding and Sleeping

Use cotton or linen sheets. Buy a cool gel pillow, mattress pad, and mattress. Buckwheat pillows help keep your head cool too, which is key to better sleep in hot weather. Because heat rises, sleep on the lower level (including your basement couch) when you can or put your mattress on the floor.

Cool Your Body

You don't need an interior decorator to tell you about these tried-and-true cooling tips. Dress in loose, breathable fabrics in light colors. Enjoy a refreshing cool foot bath or brave a cold shower. Don't forget to stay hydrated with plenty of water. When all else fails, imbibe in a non-alcoholic frozen drink and dream of lower humidity!

Barbara Graceffa owns and operates Secretary of the Interior in Quincy, offering creative solutions at reasonable rates. Learn more about her decorating, downsizing, decluttering and home décor sewing services, decorating workshops, and quilt programs and shows at www.sec-interior.com, tell your friends about her blog at secretaryinteriordecorating.blog and enjoy her art quilts on Instagram @secretaryinteriordecorating.

You can reach her at 617-921-6033.

RE/MAX
Realty Pros

Buying, Selling or Investing?
Call Tom McFarland

For All Your
Real Estate Answers

QUINCY - (617) 851-0900

On the Web visit McFarlandproperties.com



ED MARELLA



**CITY VIEW
REAL ESTATE**

Quincy, MA • 617-529-4720

35 YEARS EXPERIENCE

IT'S ALL ABOUT TRUST!

**RED DOOR
REAL ESTATE**

**Neighborhood
REAL ESTATE TEAM**



RedDoor-RE.com
(617) 553-1880

LOCATED IN THE ♥ OF QUINCY
AND SERVING ALL OF THE SOUTH SHORE

Red Door Real Estate 222 Sea Street Quincy, MA 02169

FLAVIN Insurance Agency

Complete Insurance Service Since 1925

Auto • Home • Condos • Apartments
Travel Trailers • Umbrellas • Flood • Business
Boats • Commercial Auto

Proud Member



Massachusetts Association of Insurance Agents

Call or
drop in
for
Premium
Quote

Flavin & Flavin

1085 Hancock St. Quincy Center
Visit: www.flavinandflavin.com

617-479-1000

Sell with the Best



Voted the
Best of Quincy
in 2022 & 2023!

Hillary Birch

Senior Vice President
hillary.birch@compass.com
hillarybirchgroup.com
781.608.1425



Hillary Birch is a real estate broker affiliated with Compass, a licensed real estate broker and abides by Equal Housing Opportunity laws. Compass.com

COMPASS

Free Jacks Win Major League Rugby Championship

The New England Free Jacks capped a dream season with the franchise's first league title, defeating the San Diego Legion 25-24 on Saturday in the 2023 Major League Rugby Championship Final at SeatGeek Stadium in suburban Chicago.

Inside center La Roux scored the deciding try for the Free Jacks in the 77th minute, capping an instant classic between MLR's unquestioned top

two sides that featured four lead changes and drama from start to finish. Flanker and team captain Mitch Jacobson and wing Paula Balekana also scored tries

for New England, and fly-half Jayson Potroz went 2-for-2 on penalty kicks and 2-for-3 on conversions.

three tries, with flanker Christian Poidevin providing the other.

A mistake by the Final's most decorated player allowed the Free Jacks to open the scoring just four minutes in. San Diego inside center and New Zealand All Blacks legend Ma'a Nonu fumbled a routine pass inside the Le-

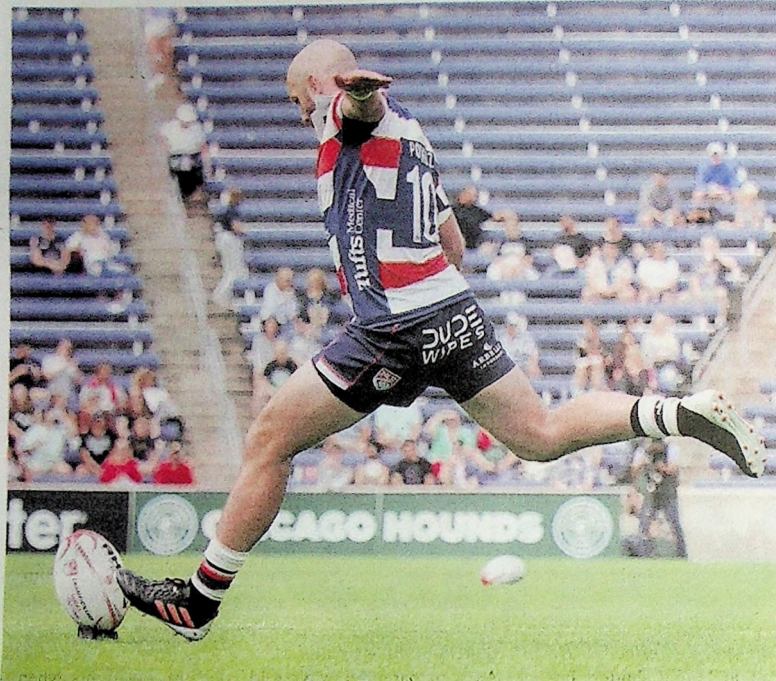
Cont'd On Page 24

Free Jacks Championship Celebration Saturday

The City of Quincy will host a celebration rally for the Major League Rugby champion New England Free Jacks Saturday at 11 a.m. at Veterans' Memorial Stadium.

The team will be escorted from the corner of Hancock Street and Merrymount Parkway into the stadium just prior to the 11 a.m. rally.

Fans are invited to celebrate with Free Jacks players, coaches, executives and owners.



FLYHALF JAYSON POTROZ went 2-for-2 on penalty kicks and 2-for-3 on conversions in New England's 25-24 win over San Diego in the Major League Rugby championship July 8 in suburban Chicago. Potroz's boot was a major asset for the Free Jacks throughout the season as the 31-year-old flyhalf led all of MLR in points scored.



NEW ENGLAND Free Jacks celebrate their 25-24 win over San Diego in the Major League Rugby Championship Saturday at SeatGeek Stadium in suburban Chicago. Inside center La Roux scored the deciding try for the Free Jacks in the 77th minute. Free Jacks play their home games at Quincy's Veterans' Memorial Stadium. Photos Courtesy New England Free Jacks

June Real Estate Report: Average Sale Price, Dollar Volume Down

Cont'd From Page 16

gages. This month also saw some of the smallest decreases from the previous year in terms of the number of deeds, mortgages, and average sale price," O'Donnell noted. "This may suggest that while some homeowners are hesitant to make moves with average mortgage interest rates above 6 percent, others are not dissuaded by current interest rates, but time will tell if this trend continues."

The number of deeds for June 2023, which reflect real estate sales and transfers, both commercial and residential, was 1,721, a decrease of 12 percent from June 2022 but an increase of 27 percent from the previous month of May.

"The decrease in the number of deeds is likely due to a lack of inventory of new and existing homes, which means fewer homes are listed, keeping costs above pre-pandemic prices," O'Donnell said. "Higher prices also mean that some buyers may be struggling to find affordable homes within their budget, leading to a decrease in the number of potential buyers

and further decreasing the number of home sales."

Sale prices for June appear to have dropped compared to June 2022. The average sale price in June was \$1,039,792, a 12 percent decrease from June 2022, but a 5 percent increase from May 2023. The total dollar volume of commercial and residential sales is down, decreasing 29 percent from one year ago but increasing 48 percent from last month.

"While prices have come down from a year ago, the demand to live and own a home in the communities that make up Norfolk County remains high," said O'Donnell. "This may suggest that the decrease in dollar volume may be due to a shortage of available properties and a decline in the number of individuals with the ability to buy."

Homestead recordings by owners of homes and condominiums decreased again this month at the Norfolk Registry of Deeds. There was a 16 percent decrease in homestead recordings in June 2023 compared to June 2022.

"The reduction in recorded Declarations of Homestead is not too surprising

where the sales of homes continue to level off, but all homeowners, not just new purchasers, should keep in mind that a recorded Declaration of Homestead provides limited protection against the forced sale of an individual's primary residence to satisfy unsecured debt up to \$500,000," noted O'Donnell. "We want to see folks protecting the biggest asset most of us have, our homes. I would urge anyone who has not availed themselves of this important consumer protection tool to

consider doing so.

The recording fee for a homestead is \$36. Visit the Registry website at www.norfolkdeeds.org to get more information on homesteads and obtain a homestead application form.

Register O'Donnell concluded, "We are seeing some significant increases month over month in the home buying season, the period where we typically see the most home sales, and despite recent declines in the market, driven by areas in Norfolk County that are

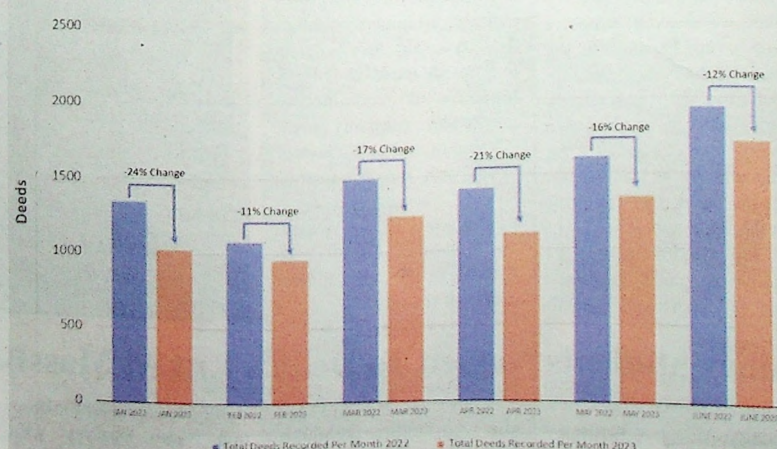
seeing growth and stability, but it remains to be seen if this momentum will continue as we move into the second half of the year."

To learn more about these and other Registry of Deeds events and initiatives, "like" us on Facebook at facebook.com/norfolkdeeds. Follow us on Twitter and Instagram at [@norfolkdeeds](https://twitter.com/norfolkdeeds).

The Norfolk County Registry of Deeds, located at 649 High St., Dedham, is the principal office for real property in Norfolk County. The Registry is a resource

for homeowners, title examiners, mortgage lenders, municipalities, and others with a need for secure, accurate, and accessible land record information. All land record research information can be found on the Registry's website, www.norfolkdeeds.org. Residents in need of assistance can call the Registry of Deeds Customer Service Center at (781) 461-6101 or email registerodonnell@norfolkdeeds.org.

Total Deeds Per Month
Jan - June 2022 VS. Jan - June 2023



JOAN'S OLYMPIC GYM
Gymnastics & Dance School

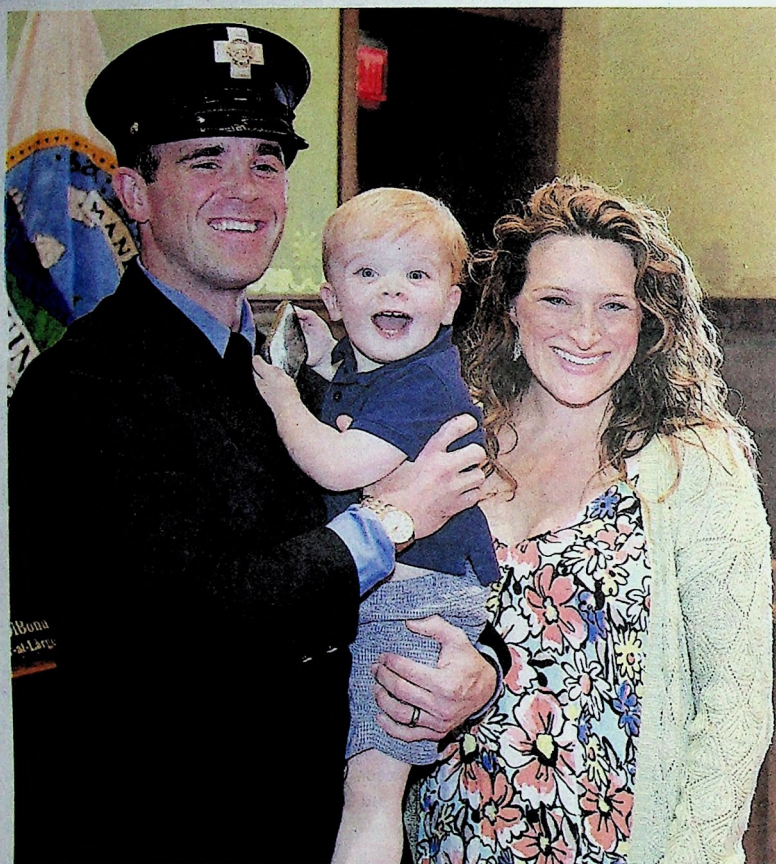
Summer Program Accepting NEW Registration
Sign up NOW
CLASS SIZE LIMITED!

Voted #1 On The South Shore
781-843-9624
An excellent educational environment for your child.
197 Quincy Ave. Braintree
joansolympicgym.com



IT WAS A PROUD DAY for the families of the recently promoted Quincy firefighters. Here the promoted officers share a moment with family members after receiving their new badges. Clockwise from top left: Capt. Mark Kennedy, Lt. William Kelley, Lt. David DeYoung, Lt. Joseph Verlicco and Lt. Wendell Cosgrove

Quincy Sun Photos/Robert Bosworth



One Fire Captain, Four Lieutenants Promoted

Cont'd From Page 12

department in all of Massachusetts, Walker added.

"The mayor says often that we have the very best fire department in the entire commonwealth. These gentlemen making rank today are a testament to that," Walker said.

"It's one thing just to say that, but the community sees it every single day on the street. In just the last several

months, we've had several major fires and undoubtedly lives were saved, property was saved, because of the work of the men of the Fire Department, particularly those men being sworn in today, so we're grateful for that and we're grateful for all the service of everyone in this room today."

The department's other ladder companies are based out of departmental head-

quarters in Quincy Center and the Wollaston and North Quincy firehouses, though the city's long-term goal is to renovate the West Quincy firehouse to accommodate the ladder company presently stationed in Wollaston. When that move happens, Rescue 1 would shift from headquarters to the Wollaston firehouse, because the latter is in the geographical center of the city.

Four Quincy Students Named To Dean's List At MassBay Community College

Four Quincy students have been named to the Dean's List for the spring

semester at MassBay Community College in Wellesley Hills.

They are: Haley Peterson who studies radiologic technology; Neo Liu who

studies business administration; Naomi Coakley who studies computer science;

and Erik Lam Li who studies information systems technology & management technology.



QUINCY POLICE CAPTAIN Ralph Willard and family.

IT WAS A PROUD DAY for the families of the recently promoted Quincy Police officers. Above: new Police Captain James Flaherty shares a moment with family members after receiving his new badge. Other photos on this page show other promoted officers with their families. More photos on Page 35.

Quincy Sun Photos/Robert Bosworth

2 Police Captains, 4 Lieutenants, 4 Sergeants Promoted

Cont'd From Page 13

to get where they are today. I know you will continue to support them as they take on this incredible leadership role in this department."

Kennedy also thanked Koch for filling the vacancies in a short time frame. "I would also like to

thank Mayor Koch. As the mayor pointed out, our numbers have never been higher and that is a direct reflection of his commitment to public safety in the city," Kennedy said.

"When we had all these openings coming up, there wasn't a question, there

wasn't a debate. We called him and said, 'here are our retirements, here are our numbers.' That was probably two weeks ago and here we are right now. I've never seen such a fast turnaround, so thank you, Mr. Mayor, for your commitment to this department."



QUINCY POLICE LIEUTENANT James Parisi and family.



QUINCY POLICE LIEUTENANT Brian Flaherty and family.



QUINCY POLICE LIEUTENANT Joseph Lencki and family.



QUINCY POLICE LIEUTENANT David Pacino and family.

'Korean War Must Always Be Remembered For What It Achieved, And Is Still Achieving Today'

Text Of Korean War Remembrance Speech By
American Legion Past National Commander John (Jake) Comer

(Editor's note: The following is the text of the address given by John (Jake) Comer, past national commander, The American Legion, at Quincy's Korean War Remembrance held June 24 at Central Middle School.)

Ladies and gentlemen, dignitaries and my fellow veterans, we are here today to remember what has been labeled by some as 'The Forgotten War.' Moments like this help us erase that label. Nothing about the Korean War should ever be forgotten, especially now as we recognize the 70th anniversary of the armistice that ended the fighting there.

First of all, the Korean War must always be remembered for what it achieved, and what it is still achieving today. It ended a communist invasion that, if successful, would have exterminated the hopes and dreams of millions who are instead thriving in today's world economy.

Remember that the invasion was not just North Korea into South Korea. It was also China and the Soviet Union, who wanted nothing more than to extinguish the flame of freedom and democracy.

Today, we can look at nighttime satellite images and see the effect of a Korean peninsula divided by extremely different ideologies. South Korea glows with light, energy and opportunity. North Korea remains dark and lifeless – a stark illustration of the difference between freedom and oppression. That division

between the south and the north is a constant reminder of why the Korean War mattered at the time we fought there – and it still matters today.

The Korean War is certainly not forgotten by American families whose loved ones were sent into that harsh landscape and fought deadly battles through frigid winters and scorching summers far from home.

More than 54,000 US military men and women lost their lives during the Korean War. They never had a chance to fulfill their great American dream. As so many Americans have done over the decades, they sacrificed all of their tomorrows for those of us here today.

More than 103,000 other Americans were wounded in the Korean War. And, more than 8,000 were never recovered – missing in action – and we continue to demand legitimate access to find their remains and repatriate them.

These were our friends, family, neighbors, classmates – people who might have been here with us at this ceremony where we honor the 1.7 million or more Americans who served during the Korean War and achieved so much for the future of our nation, for South Korea, and the cause of freedom.

Some of you here trained and served alongside them. They were our comrades. And history must regard those who did not make it back as heroes who deserve recognition and honor in

equal measure to all who came before them, and those who came after.

Normandy, Iwo Jima, Anzio, Belleau Woods and the Argonne Forest have captured Hollywood's attention much more often than the frozen Chosin, Heartbreak Ridge, the Pusan Perimeter or Triangle Hill.

The US public has rarely understood what the Korean War really meant, like the threat it posed to the United States and other nations if we had not reversed that invasion.

When you visit the 19 statues of American troops at the Korean War Veterans Memorial on the National Mall in Washington, DC, you see them on patrol, concealing their weapons under ponchos, facing an icy wind. That was certainly a reality for those who fought.

But you also should notice that those statues represent a diversity of branches – Army, Marine Corps, Navy and the newest branch of service at the time, the Air Force, which was my branch during the war.

Near these figures are etched the faces of 2,400 support personnel, along with their equipment, representing all the service branches, to include the US Coast Guard, again, a salute to the era of multi-branch warfighting and all the different military occupational specialties necessary to succeed.

It was an unforgettable honor when President George H. W. Bush appointed me to serve on the

Korean War Veterans Memorial Advisory Committee. The American Legion was a major fundraiser for the memorial, as it had been for the Vietnam Veterans Memorial War and later for the National World War II Memorial.

More than 40 years had passed since the armistice when the memorial was dedicated in 1995, ensuring that our proud generation achieved so much and yet drew so little public appreciation would never be forgotten.

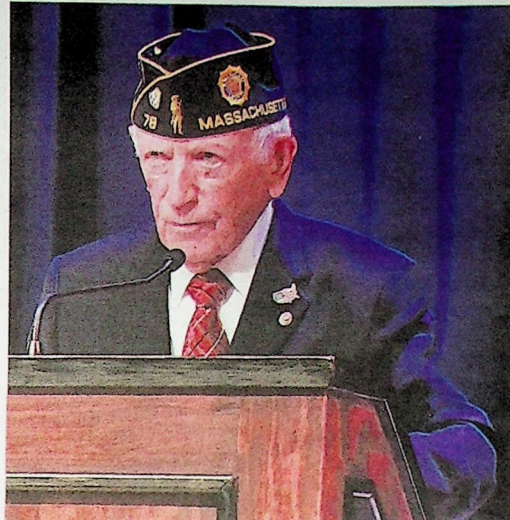
And every October, when The American Legion awards its national scholarships, a major electronics company reminds me what America did in the early 1950s, on that peninsula, will always be remembered.

In 1995, electronics giant Samsung – a company that grew to greatness thanks to the US defense of South Korea – wanted to express its gratitude to US war veterans for all they had done. So, Samsung asked The American Legion to administer a scholarship fund to assist descendants of US wartime servicemen. That fund was \$5 million, and the first Samsung Scholarships of \$20,000 each were awarded the following year.

The American Legion has taken this responsibility very seriously over the years.

Since then, nearly \$7 million in Samsung Scholarships have been awarded.

Through careful stewardship, The American Legion has actually grown the cor-



JOHN (JAKE) COMER, past national commander of the American Legion and a veteran of the Korean War, was the keynote speaker at Quincy's Korean War remembrance. "More than 54,000 US military men and women lost their lives during the Korean War," Comer said in his remarks at the Central Middle School Auditorium. "They never had a chance to fulfill their great American dream."

Quincy Sun Photos/Robert Bosworth

pus to over \$7 million so that future descendants of war veterans will benefit from what we did in the Korean War, long after we are gone.

An important eligibility feature of the Samsung Scholarship is that recipients must have participated in The American Legion Boys State or American Legion Auxiliary Girls State programs. And that is extremely appropriate.

American Legion Boys State and American Legion Auxiliary Girls State are the nation's foremost programs to teach young people how to participate, respect and lead in a democracy. Those young people learn the value of freedom, justice and opportunity to make differences – which the people on the southern half of the Korean Peninsula enjoy today while

those in the north huddle in the darkness of a repressive, totalitarian regime that we can only pray will one day have the kind of hope and opportunity veterans of the Korean War forged on that peninsula 70 years ago.

'Our nation honors her sons and daughters who answered the call to defend a country they never knew and a people they never met.' Those words are inscribed on the National Korean War Veterans Memorial in honor of a period in America's history and a generation that made, and continues to make, differences around the world. It can never be forgotten.

When we hear, we forget. When we see, we remember. When we do, we understand.

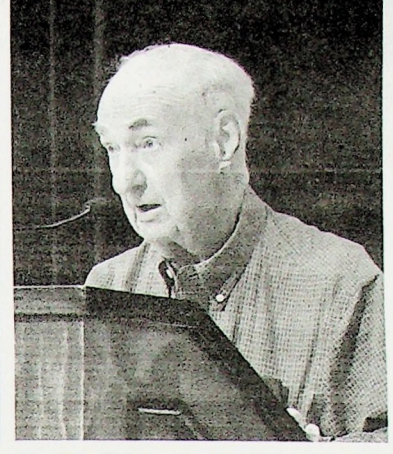
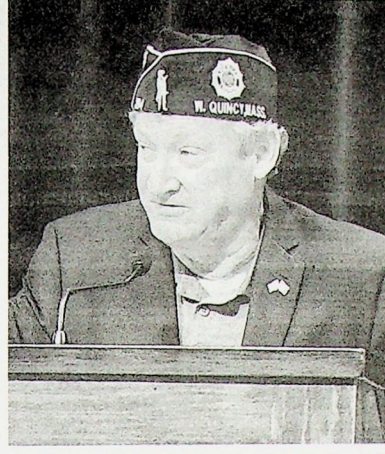
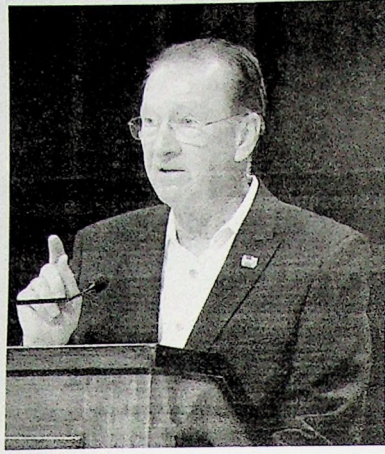
Thank you.



DON KNIGHT, the chaplain of the Quincy Veterans Council, sounds Taps at the Korean War Remembrance June 24 at the Central Middle School auditorium. In earlier remarks, Knight said: "(The Korean War) is not forgotten by the families that are here today. It's not forgotten by the families of these 38 brave men whose names are etched in stone across the street. It's not forgotten by their friends that are here. It's not forgotten by the city."



VETERANS (from left) Ted Naser, Fred White, John (Jake) Comer and Stephen Fowles pause as the 38 Quincy men killed during the Korean War are remembered at a ceremony June 24 at Central Middle School.



SPEAKERS AT QUINCY'S Korean War Remembrance ceremony included (from left to right) Christine Cugini, director, Quincy Veterans Services; Don Knight, chaplain, Quincy Veterans Council; Steve Dunlea, commander, Quincy Veterans Council; and Ted Naser, Milton American Legion Post, who gave the benediction and led the gathering in singing "The Battle Hymn of the Republic."
Quincy Sun Photos/Robert Bosworth

Korea - 'The Forgotten War' - Remembered In Quincy

Cont'd From Page 2

dark and lifeless — a stark illustration of the difference between freedom and oppression. That division between the south and the north is a constant reminder of why the Korean War mattered at the time we fought there — and it still matters today."

The war should also not be forgotten because of the sacrifice made by so many Americans and their families, he stated.

"The Korean War is certainly not forgotten by American families whose loved ones were sent into that harsh landscape and fought deadly battles through frigid winters and scorching summers far from home," Comer said.

"More than 54,000 US military men and women lost their lives during the Korean War. They never had a chance to fulfill their great American dream. As so many Americans have done over the decades, they sacrificed all of their tomorrows for those of us here today.

"More than 103,000 other Americans were wounded in the Korean War. And, more than 8,000 were never recovered — missing in action — and we continue to demand legitimate access to find their remains and repatriate them.

"These were our friends, family, neighbors, classmates — people who might have been here with us at this ceremony where we honor the 1.7 million or more Americans who served during the Korean War and achieved so much for the future of our nation, for South Korea, and the cause of freedom.

"Some of you here trained and served alongside them. They were our comrades. And history must regard those who did not make it back as heroes who deserve recognition and honor in equal measure to all who came before them, and those who came after."

Comer also spoke about the Korean War Memorial

in Washington, DC — he had been appointed to the memorial's advisory committee by President George H. W. Bush.

"When you visit the 19 statues of American troops at the Korean War Veterans Memorial on the National Mall in Washington, DC, you see them on patrol, concealing their weapons under ponchos, facing an icy wind. That was certainly a reality for those who fought," Comer said.

"But you also should notice that those statues represent a diversity of branches — Army, Marine Corps, Navy and the newest branch of service at the time, the Air Force, which was my branch during the war.

"Near these figures are etched the faces of 2,400 support personnel, along with their equipment, representing all the service branches, to include the US Coast Guard, again, a salute to the era of multi-branch warfighting and all the different military occupational specialties necessary to succeed."

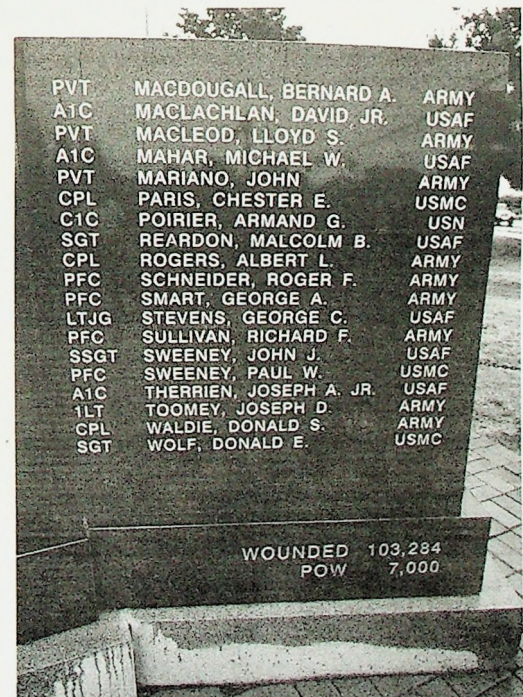
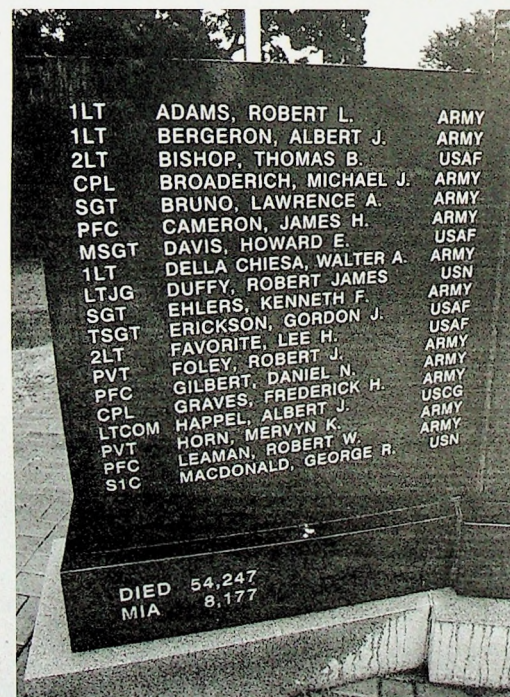
Comer also noted that South Korea-based Samsung, one of the world's largest companies, in the 1990s began funding scholarships for descendants of American men and women who served in the war as a way showing appreciation.

"Every October, when The American Legion awards its national scholarships, a major electronics company reminds me what America did in the early 1950s, on that peninsula, will always be remembered," Comer said.

"In 1995, electronics giant Samsung — a company that grew to greatness thanks to the US defense of South Korea — wanted to express its gratitude to US war veterans for all they had done. So, Samsung asked The American Legion to administer a scholarship fund to assist descendants of US wartime servicemembers. That fund was \$5 million, and the first Samsung Schol-



THE NAMES of the 38 Quincy men who were killed fighting in the Korean War are read by Steve Fowles (center) and Fred White (right) at a Korean War Remembrance ceremony held June 24 at Central Middle School. At right is Steve Dunlea who said "Absent" after each name was read aloud. The names of the 38 men killed are shown below as they appear on the Korean War Memorial located at Hancock Street and Merrymount Parkway across from the school. Quincy Sun Photos/Robert Bosworth



arships of \$20,000 each were awarded the following year."

To be eligible for the scholarship, recipients must have participated in The American Legion Boys State or American Legion Auxiliary Girls State programs, Comer noted.

"That is extremely ap-

propriate," Comer said. "American Legion Boys State and American Legion Auxiliary Girls State are the nation's foremost programs to teach young people how to participate, respect and lead in a democracy.

"Those young people learn the value of freedom, justice and opportunity to

make differences — which the people on the southern half of the Korean Peninsula enjoy today while those in the north huddle in the darkness of a repressive, totalitarian regime that we can only pray will one day have the kind of hope and opportunity veterans of the Korean War forged on that

peninsula 70 years ago."

Christine Cugini, the city's director of veterans' services, said Quincy would never forget the service and sacrifice made by so many decades ago.

"For you, our Korean War veterans and the families, this was never a forgot-

Cont'd On Page 36

Frank Buckley Memorial Squantum Road Race Scenes



ROBERT CANNON of Quincy wins the annual Frank Buckley Memorial Squantum Road Race July 1 to benefit the Squantum Fourth of July Parade. Quincy Sun Photos/Tom Gorman



JOHN HUANG prepares to hit the tape as he finishes second in the Frank Buckley Memorial Squantum Road Race.



MICHAEL GHEBREHETHAN, right, leads a pack to place third in the Frank Buckley Memorial Squantum Road Race.



KRISTIN NAYLOR celebrates as she wins the women's division of the Frank Buckley Memorial Squantum Road Race.



ARMAND MATIJASEVIC, 13, breaks the tape as he wins the youth division of the Frank Buckley Memorial Squantum Road Race.



MICHAEL VINITSKY, 11, heads for the finish line at the Frank Buckley Memorial Squantum Road Race. More photos on Page 23.

Frank Buckley Memorial Squantum Road Race Scenes



MEGAN STIRLING, 12, crosses the finish line at Frank Buckley Memorial Squantum Road Race.



VIANNA SCHUERCH, 12, is all smiles as she finishes the Frank Buckley Memorial Squantum Road Race.



QUINCY CITY COUNCIL President Noel DiBiona gives the thumbs-up as he crosses the finish line.



IT'S A PHOTO finish for Walter Bonczar, left, and William Wheelwright at the Frank Buckley Memorial Squantum Road Race.



GROUP OF RUNNERS head for the finish line at the Frank Buckley Memorial Squantum Road Race.

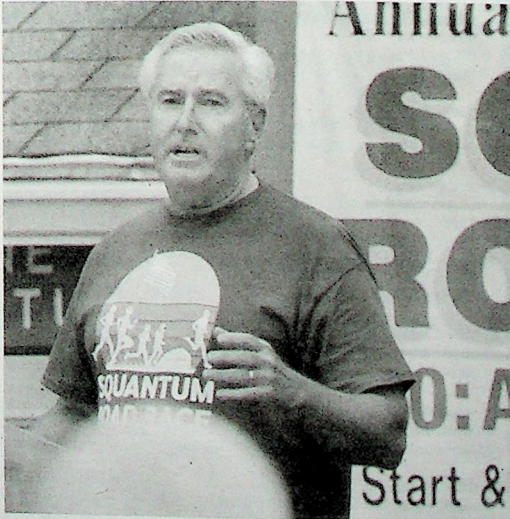
Quincy Sun Photos/Tom Gorman



RUNNERS HEAD OUT along Huckins Avenue at the start of the 5K Squantum Road Race.



THEY'RE OFF! Runners take off at the start of the annual Frank Buckley Squantum Road Race July 1.



STATE REP. Bruce Ayers welcomes runners to the annual Frank Buckley Memorial Squantum Road Race July 1. Proceeds from entrance fees benefit the Squantum Fourth of July Parade.

READERS FORUM

Grateful Street Light Is Back On

Five years ago, the telephone poles on Town Hill Street were replaced. At that time, a streetlight near 112 and 115 Town Hill Street was taken down. That street light was never put back up.

My neighbor spent the last five years calling the mayor's office, Verizon, National Grid and everyone else she could trying to get that street light put back.

For five years, Town Hill Street sat in darkness at the corner of Centre Street. In the winter, pedestrians and dog walkers either risked getting hit by a car, wore headlamps or didn't go out after dark. The street full of potholes nearly broke ankles of several people. Our cars were vandalized and broken into under the darkness for five years.

Then one block away, a house is broken into and shots are fired while residents fought with everything they had to get the intruder out. A few weeks later, 4 gunshots ring out at 10:10 p.m. Again, one block away. Now the elderly residents living alone are terrified.

At this point, Ann Mahoney is contacted and two weeks later the street light is back up. The following Friday, a black bear is sighted down the street at Crown Colony. For the first time in five years, residents can see down the street thanks to Anne Mahoney.

No longer in the darkness
J.B.
Quincy

'The Tailor's Art' At Quincy Homestead



HENRY COOKE, master tailor of Colonial dress, will present his trade at the Quincy Homestead, 34 Butler Rd. on Saturday, July 15 from 11 a.m. to 2 p.m. The program is "The Tailor's Art: Making Clothing and Making a Living in 18th Century New England." Cooke will discuss how men's and women's clothing was made, and the intersections of tailoring with fashion, the local economy and international trade that put English woolens on the backs of Colonial farmers and tradesmen. Visitors will see how clothing was made, including measuring, selection of fabrics, cutting, sewing, fitting and finishing. Tours of the Homestead will also be available, with a suggested donation of \$10.

Courtesy Photo

Free Jacks Rugby Champions

Cont'd From Page 17

gion 22, creating a chance for a charging Mitch Jacobson. The New England flanker, who assumed team captaincy following an early-season injury to Josh Larsen, recovered the bouncing ball and dove in for the game's first try. Jayson Potroz's successful conversion gave the Free Jacks an early 7-0 advantage.

San Diego responded six minutes later with an equalizing try by flanker Christian Poidevin, but successful Potroz penalty kicks in the 14th and 18th minutes put New England back in the lead. Potroz's boot was a major asset for the Free Jacks throughout the season as the 31-year-old flyhalf led all of MLR in points scored.

The Legion then pulled ahead for the first time when wing Nate Augspurger broke through the line off a

San Diego lineout and raced 30 meters for a try. The ensuing conversion by fellow U.S. international Will Hooley put the West champs up 14-13.

New England threatened once more late in the first half off a counterattack initiated by scrumhalf John Poland, but a penalty near the San Diego try line foiled the scoring chance. Hooley added a penalty kick at the first-half buzzer to make it 17-13 Legion after 40 minutes.

The Free Jacks then opened the second half the same way they began the first: by finding the try zone within the first five minutes. Malan sliced through San Diego's defensive line and flipped a slick backhanded offload to flanker Joe Johnston as he fell to the turf. Fullback Reece MacDonald brought New England to within meters of the Legion try line, and a long-range pass from Poland off the ensuing breakdown set up wing Paula Balekana for a highlight-reel try in the left corner. Patroz's conver-

sion put the Free Jacks back ahead, 20-17.

Jacobson had a chance to extend New England's lead minutes later following big carries by MacDonald and bruising No. 8 Wian Conradie, but San Diego's defense held him up in the try zone. The Legion capitalized on that near miss, getting a second try from Augspurger in the 61st minute to reclaim the lead at 24-20. Hooley suffered an injury while kicking the conversion, however, and replacement Andrew Henderson missed a penalty kick five minutes later that would have stretched San Diego's lead to seven.

That miss proved pivotal. With less than seven minutes remaining, New England controlled possession for more than a dozen phases deep in San Diego territory before Poland shot a pass to Malan, who powered through attempted tackles by Augspurger and Richard Judd to score the game-winning try.

San Diego made one final charge in the closing

minutes, but a knock-on gave the Free Jacks a scrum, and Potroz kicked to touch to seal a victory that will be remembered in New England for years to come.

New England and San Diego were the unquestioned top two teams in MLR this season -- cruising to first place in the Eastern and Western Conferences, respectively -- and the gap between them Saturday was slim. Neither team led by more than seven points at any stage, and the margin was within four points for the entire second half.

The Free Jacks and Legion finished the season with identical 16-2 records, including playoffs. New England is 29-6 over the last two seasons, having lost to New York in last year's Eastern Conference Final.

Potroz led MLR in points scored during the regular season. Balekana tied for the league lead in tries.

Former Patriots players Patrick Chung and Nate Ebner are minority owners of the Free Jacks. Both were in attendance Saturday.

Seminarian Kim Engle To Preach At QPCC

Quincy Point Congregational Church will welcome Seminarian Kim Engle to preach on Sunday, July 16 at the 10 a.m. worship, 444 Washington St.

Matt Coveney is the summer soloist this Sunday and Rob Romeri will be reading scripture. The sanctuary is air-conditioned. The building is accessible to all via the Abbey Road entrance, complete with designated accessible parking, an elevator and an "All Access" restroom.

Kim Engle is a third-year seminarian at Boston University. She is working towards ordination in the United Church of Christ. Kim is a mother of two grown children and lives with her husband and two rescue dogs that she probably babies too much. She works at an organization called Amazing Grace, a



KIM ENGLE

non-profit that gives experiences and support to kids and families affected by incarceration. She is an avid reader and collects vintage church cookbooks.

Worship is live streamed at 10 a.m. on Sunday mornings or you can access past live streams at any time through the church website (quincypointcong.org), as well as the church's Facebook, Vimeo, and YouTube pages.

This Sunday is the third Sunday of the month, and the congregation collects personal care items for the pantry at Interfaith Social Services. You are invited to contribute to this collection. Every donation helps people provide personal care necessities that are not covered by WIC or SNAP benefits.

Items needed are diapers (especially sizes 4,5 and 6); feminine hygiene products, unscented baby wipes, toilet paper, tissues, toothpaste, toothbrushes, dental floss, unscented bar soap, body wash, shampoo, conditioner, shaving cream, razors, and deodorant (men's and women's). Items can be dropped to the Narthex (at the church entrance) on Sundays at 10 a.m. or to the church office on weekdays from 9 a.m. to 5 p.m. Call 617-773-6424 to schedule a drop off.

Openings Available For Quincy Recreation Leaders-in-Training Program

Quincy Recreation announces that openings are still available for its Leaders-in-Training Program session beginning on Monday, July 24th and running through Friday, Aug. 4th.

The program will be held at the Richard J. Koch Park and Recreation Complex, 1 Merrymount Parkway, from 8:30 a.m. to 1:30 p.m. and is open to those entering Grades 9 and 10 in the fall. There is a fee of \$120 to attend.

Too young for a part-time job, but too old to be

a camper? Get a head start on developing important job skills during an active session of teamwork and leadership activities. This program is designed for those who are ready to take on fresh challenges, opportunities, and responsibilities.

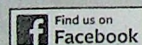
L.I.T. Program participants will develop important life skills such as problem-solving, teamwork, and communication in a setting that is both supervised and supportive. L.I.T.s must be responsible, be great with kids, have tons of energy,

and like to have fun. The L.I.T.s will assist in the day-to-day activities of clinics under the direction of the Recreation Department Staff.

For more information regarding the program and to register, visit www.QuincyRec.com.

Quincy Recreation is also offering an additional session of its Leaders-in-Training Program beginning on July 31st and running through Friday, Aug. 11th. Spots remain available for this session as well.

Quincy Access Television
88 Washington Street
Quincy, MA 02169



QATV

www.qatv.org
617-376-1440
617-376-1441



Public Access Channel 8

Thursday, July 13
6:00pm: Bethany Congregational Church
7:00pm: On the Road w/Jazzy Bill

Friday, July 14
7:00-9:10am: LIVE: AM Quincy w/Joe Catalano
11:30am: LIVE: Currently in Quincy

Saturday, July 15
1:00pm: Squantum 4th of July Parade
1:15pm: Merrymount 4th of July Parade

Sunday, July 16
11:30am: Quincy Point Cong Good News
1:00pm: The Call

Monday, July 17
7:00pm: MassAccess President Re: Public Access
8:00pm: Fridays @ Ruth Gordon Amphitheater

Tuesday, July 18
7:00pm: AM Quincy: Mayor Thomas Koch
8:00pm: John Quincy Adams Wreath Laying

Wednesday, July 19
8:00pm: MassHire: South Shore Update
9:00pm: PorchFest Quincy: Squantum

Government Access Channel 9

Thursday July 13
4:00pm: Board of License Commissioners 6/20
5:00pm: Zoning Board of Appeals 7/11

Friday July 14
6:00pm: Good Deeds: Quarterly Update
7:00pm: Health Links: Aging Strong

Saturday/Sunday, July 15/16
9:30am: For Your Health: Dehydration
10:30am: A Conversation with Councillor Mahoney
12:00pm: MA House of Representatives
5:00pm: Zoning Board of Appeals 7/11

Monday July 17
1:30pm: TCPL Presents: Cooking with Colin
4:00pm: State Library Author Talks

Tuesday July 18
3:00pm: Jean Danton with Luke Molloy Encore
4:00pm: LIVE: Board of License Commissioners
6:00pm: Zoning Board of Appeals 7/11
7:30pm: At the Kennedy Center

Wednesday July 19
6:30pm: For Your Health: Dehydration
7:30pm: Good Deeds: Quarterly Update

Programming is subject to change.

For a complete list of programs, please visit our website at qatv.org

OBITUARIES

Stephen J. Graham, 70

Stephen Joseph Graham, QFD Ret., of Quincy, died unexpectedly at his home on Tuesday, June 27, 2023. He was 70.

Stephen was born in Boston on May 7, 1953, and was the son of the late Harry Joseph and Catherine (Coleman) Graham. He was raised in Adams Shore Quincy, attended local schools and graduated from Quincy High School. Following high school, Stephen enlisted in the United States Army on February 5, 1973. He was honorably discharged on January 27, 1976. After his time in the service, Stephen served as a firefighter for the City of Quincy from 1984 until his retirement in 2017. Stephen truly embraced the brotherhood that came with the job and often shared his cherished memories. He proudly retired after 33 years of service to the community.

In his spare time, Stephen enjoyed listening to music, reading military history, keeping up with Boston sports with his daily Herald and walking his dog. Stephen had a great sense of humor and will also be remembered for always being willing to help anyone in need.

Stephen was the beloved husband of the late Julie A. (Forrester) Graham, who died in 2022. The two shared 37 loving years of marriage. He was the devoted father of Jillian A. Graham of Quincy, Stephen A. Graham, QPD and his fiancée Victoria DiMuzio of



STEPHEN J. GRAHAM

Quincy, and Mark H. Graham of Quincy. Stephen was the loving brother of Nancy Graham of Quincy, Kathy Fabrizio and her husband Thomas of Quincy, Mary Cyr and her husband Larry of Quincy, Debbie Cahill and her husband John of Quincy, Joseph Graham and his wife Sarah of Duxbury, and Robert Graham and his wife Laura of Lakeville. Stephen is also survived by many loving nieces, nephews, extended family and friends.

Stephen's Funeral Mass was celebrated on Tuesday, July 11, 2023, at Holy Trinity Parish in Our Lady of Good Counsel Church, 237 Sea St., Quincy. To view Stephen's Funeral Mass via the live-stream, please visit Our Lady of Good Counsel Church's website: www.holytrinityquincy.com.

Services concluded with interment and military honors in Mt. Wollaston Cemetery, Quincy.

In lieu of flowers, memorial contributions may be sent in Stephen's name to the charitable organization of one's choice.

In Loving Memory on Your Birthday



ALLAN G. TAYLOR
July 16, 1943 - February 14, 2022

Happy Heavenly Birthday, Allan.
We love you and miss you every day.

Kathy, Jimmy, Len, Linda
and the Little family

NOTICE TO READERS

Obituaries appearing in The Quincy Sun and posted on the newspaper's website are written by the funeral home handling arrangements with input from the deceased's family.

They are not written by The Quincy Sun. Obituaries are submitted by the funeral homes and are printed in The Sun space permitting.

Michael William Chenette, aged 57, passed away in the comfort of his home in Medway, MA surrounded by his loving family on Tuesday, July 4, 2023 after waging a spirited ten-month fight against ALS (Lou Gehrig's Disease). Mike was born to Robert and Elizabeth Chenette on Sept. 25, 1965 in Quincy, Massachusetts where he lived as a child and young man.

As the tenth sibling in a family of ten, he was fiercely independent and ambitious, always striving to make his own way and be his absolute best. He was the pride of the Chenette family. He became involved in Quincy Youth Hockey at an early age, and began his lifelong love of the sport. He forged associations and friendships there that would last his lifetime. He attended Quincy Schools and graduated from Quincy High School with the class of '83. He was the captain of the hockey team and a member of their Hockey Hall of Fame.

After graduating from high school Mike went on to study for one year at Taft, a private boarding school in Connecticut, to prepare for



MICHAEL W. CHENETTE

his appointment to The United States Military Academy at West Point.

At West Point, Mike played hockey and once again built many lifelong friendships. Mike was a conscientious student and graduated in 1988 with a Bachelor of Science in Economics.

He left West Point as a first lieutenant in the U.S. Army, and went on to serve his country for five years, eventually rising to the rank of captain. He was stationed in Schwabach, Germany in the 6th Battalion, 3rd Air Defense Artillery Regiment. He led the Tactical Air Defense Artillery Units in the 1st Armored Division in the defense of Saudi Arabia, serving in the first Gulf War (The Liberation of Kuwait) in 1990-91 as part of a tank unit that advanced into Iraq and engaged in a battle that Na-

tional Geographic called "the world's fiercest tank battle." Mike was decorated with the Bronze Star, the Army Commendation Medal, the Army Achievement Medal and a Parachutist Badge.

Mike met Bridget Meyer of Norwalk CT, and they married in July 2005. Their 18-year marriage was blessed with two sons, Will and Jake. They made their home in the town of Medway where they became part of the neighborhood, making friends, many of whom would deliver meals to the family during the time of Mike's illness. They enjoyed vacationing every year on the Cape and entertaining friends and family at home.

Mike was employed as a medical device sales professional for several companies that manufactured surgical and health care devices and technologies in the New England area.

He was a member of the Massachusetts Horticultural Society and a passionate gardener and landscaper, always researching, designing, planting, pruning, clipping, mowing, and watering his beloved lawn and perennial gardens. He was also a fit-

ness enthusiast, frequenting the gym and working out in his basement exercise room.

Mike is survived by his wife Bridget and their sons Will and Jake, his late brother Robert and wife Joanne, sister Carol Blowers and husband Robert, brother Daniel and wife Joan, brother David and wife Mary, brother Paul and wife Diane, late brother John (Jack) and wife Cindy, brother Francis and wife Patricia Halloran, brother Richard and partner Paula Donovan, sister Elizabeth Lee and husband Ed. Also left behind are scores of cousins, nieces, nephews and great nieces and nephews.

Visiting hours were held Tuesday in the Keohane Funeral Home, 785 Hancock St., Quincy. A Funeral Mass will be held Wednesday in Holy Trinity Parish at Most Blessed Sacrament Church, Quincy at 11 a.m. Burial in Mt. Wollaston Cemetery, Quincy.

In lieu of flowers, donations in memory of Mike can be made to Compassionate Care www.CCALS.org or to ALS One www.ALSOne.org. See www.Keohane.com for directions and online condolences.

Thomas F. Folan, 85



THOMAS F. FOLAN

Thomas F. Folan, 85, of North Quincy, originally from Rossaveel, County Galway, Ireland died July 4, 2023. The beloved husband of the late Eileen (Cloonan) Folan. Devoted father of Mary F. Rico and her late husband Thomas of Quincy, Eileen Cadogan and her husband Jerry of Medway and Patrick Folan and his wife Jennifer of West Bridgewater. Brother of Una Ui Chualain of Carna, Ireland and the late Michael Folan, Mary Flaherty and Colin Folan. Cherished grandfather of Melissa and Matthew Rico, Thomas Cadogan and his wife Sarah and William Folan. Great grandfather of AJ Rico, and Ivy and Wyatt Cadogan. Tom is also survived by many nieces and nephews.

Tom immigrated from

Ireland in 1957 at the age of 20. The majority of his career was spent at General Dynamics in Quincy followed by Turner Construction. As a proud member of Laborers Local 223, he helped develop the Boston Skyline. He married the love of his life, Eileen in 1960 and together they raised 3 children

in Quincy. Eileen and Tom became proud Americans instilling the love and traditions of their cherished homeland to their 3 children. There was rarely an Irish event that Tom and Eileen were not seen on the dance floor. Their home was open to all who landed on their doorstep.

Proud of their Irish roots, they took frequent visits to Ireland, to spend time with their family and friends. Tom had a strong work ethic and instilled that in his children. He kept busy with projects around his home. He enjoyed keeping the grounds trimmed and manicured. He was very proud of his home with the countless upgrades he did with his own two hands. Tom kept fit by walking, bike riding and dancing to his beloved Irish music. He loved to travel. His family and his faith were top on Toms list, he was truly a devout Catholic. Nothing in Tom's life was more important than spend-

ing with his family, they were his top priority. He remained an active participant in his children's, grandchildren's and great - grandchildren's lives.

Tom will be remembered as a true gentleman, a great story teller, a wonderful listener, a fun loving jokester, but most of all, he was a firm foundation for his family. He was a man with integrity, who was noble, charismatic and admired and respected by so many. Tom will be sadly missed by all those who were blessed to have known him.

Visiting hours were held Sunday in the Keohane Funeral Home, 785 Hancock St., Quincy. A Celebration of Life Service was held in the funeral home on Monday prior to the Funeral Mass in Sacred Heart Church, Quincy. Burial in Blue Hill Cemetery, Braintree. See www.Keohane.com for directions and online condolences.

DOLAN

FUNERAL HOMES &
CREMATION SERVICES

DORCHESTER & MILTON, MASSACHUSETTS
617-298-8011

WWW.DOLANFUNERAL.COM



Honor Your
Loved One's
Memory
With Flowers

cliffords.com
1.800.441.8884

Roger P. Belanger

Roger Pierre Belanger of Quincy, died on July 4, 2023 after a courageous battle with cancer. Son of the late Adelard and Marie (Mercier) Belanger. The beloved husband of the late Dorothy (Sullivan) Belanger. Loving father of Roger Belanger of Quincy, Karen Nord and her husband of Topsham, ME, Debra Davis of VA, Monique Farwell of Quincy and Evangeline Soucie and her fiancée Bryce of Quincy. Brother of Camille Belanger of Loudon, NH, Roland Belanger of Canada, Denis Belanger of FL, Helen Belanger of Canada and the late Leo and Marcel Belanger and Jeanine LaPrise. Grandfather of the late Michael Nord. Roger is survived by 6 grandchildren and 8 great grandchildren. He also leaves behind his longtime companion LaGrimas Jones of Quincy.

Roger P. Belanger, died Tuesday, July 4th, 2023, at his home in Wollaston, Massachusetts. At a young age Roger immigrated from



ROGER P. BELANGER

Canada to Brookline Village, Massachusetts. He did not speak a word of English but that didn't stop him. He knew to succeed he would need to learn the English language which he picked up with ease, which later helped him to become a US citizen. Roger's tenacity and hard work over those early years helped to get him hired as a truck driver for the Texaco White Fuel Company. He took great pride in becoming a member of the New England Teamsters Union for many years, until his retirement. He had a passion for always learning and trying new things. Playing hockey, skating and riding his

bike were some of his favorite things to do over his lifetime. He also loved watching hockey games and boxing. Roger had a unique personality that could light up a room, he enjoyed telling jokes and was a brilliant storyteller. Let's just say, there was never a dull moment in his company.

He was someone who could always be counted on by his family and friends. His sense of humor and strength of character will always be remembered and greatly missed.

Relatives and friends are respectfully invited to greet the family during the visiting hours on Sunday, July 16, from 1-3 p.m. in the Keohane Funeral Home, 785 Hancock St., Quincy, followed by a Celebration of Life Funeral Service at 3 p.m.

In lieu of flowers, donations in memory of Roger may be made to St. Jude's Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105.

Janice E. Cosgrove, 83

Janice E. (Murphy) Cosgrove, age 83, of Rockland, died peacefully, Sunday, July 2, 2023 at South Shore Hospital in Weymouth.

Janice was born in Boston, to the late Timothy and Mary (Pray) Murphy. She was raised and educated in Dorchester. Janice was a graduate of the former Grover Cleveland Junior High School and the former Dorchester High School, Class of 1957. She lived in Rockland for four years, previously in Quincy for most of her life.

She was a homemaker but also worked in Boston's Theatre District for many years. She was a member of the International Alliance of Theatrical Stage Employees.

Janice was a social person who enjoyed spending time with friends and family. Most of all, she was devoted to her grandchildren, supporting all their many activities and accomplishments.



JANICE E. COSGROVE

Beloved wife of the late Albert C. Cosgrove.

Devoted mother of John C. Cosgrove of Quincy, the late Joseph W. Cosgrove and his surviving wife Patricia A. (Sylvia) Cosgrove of Falmouth.

Loving grandmother of John T. Cosgrove and his partner Jessica Murphy of Brookline, and Olivia A. Cosgrove of Falmouth. Cherished great grandmother of Mila R. Cosgrove and Rylie A. Cos-

grove.

Dear sister of the late Robert Beswick, the late William Beswick, the late Joan McArde and her surviving husband James of Hingham.

Dear sister-in-law of Doris Gigante and her husband Dino of Hingham, William Cosgrove and his wife Nora of Weymouth, and Raymond Cosgrove of Quincy. Janice is also survived by many nieces and nephews.

Funeral Services were conducted at the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy, on Monday, July 10. Interment followed at Cedar Grove Cemetery in Dorchester.

In lieu of flowers, donations in Janice's memory may be made to Shriners Hospital for Children, c/o Development Office, 51 Blossom St., Boston, MA 02114.

You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

Henry P. 'Brad' Bradley

Henry P. "Brad" Bradley, of Quincy, formerly of Roxbury and Dorchester, died July 5, 2023.

Brad adored his family and was a hard worker. He enjoyed trips to local casinos, woodworking, detailing his cars, and was always very handy. He worked in facilities at the Museum of Fine Arts for over 30 years. Brad was a smart, kind, and considerate man who gave his time to others without a second thought. He was generous and will be greatly missed by all who knew him.

Son of the late Henry and Irene Bradley. Beloved



HENRY P. BRADLEY

husband of Carole A. Bradley of Quincy. Cherished brother of Patricia McLain Robinson and her husband Robert of Quincy. Loving uncle of Anthony Robinson and his wife Shari of FL, Kevin Robinson of Quincy, Jennifer Amador and her

husband Rene of Quincy, Christopher Robinson and his wife Erinn of Quincy, David Joseph and his partner Russ of NJ, Paul Joseph and his wife Lena of Natick, and many grand nieces and nephews.

Services will be private. A Celebration of Life will be held at a later date. Donations in memory of Brad may be made to Norwell Visiting Nurse Association & Hospice, 120 Longwater Dr., Norwell, MA 02061 or to a charity of your choice.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Christopher Noble, 52

It's with heavy heart that we share our beloved Christopher Noble, 52, a dedicated Husband, Father, Grandfather, Son, Brother, Uncle and Friend, of Sanford, Florida passed away suddenly June 20, 2023.

Chris is survived by his loving wife, Kelly. Together for 24 years, they were looking forward to celebrating their 11th wedding anniversary this July 13th. Kelly was clearly the apple of his eye. If you could apply that phrase to his other eye, it would be his daughter Macayla, and her two children, Aliyah (5) and Ava (4), who lovingly called him, "Bampy."

Chris was born in Quincy, Massachusetts on May 22, 1971. He was the beloved son of Robert and Donna Noble. The oldest of three children, he is survived by his sisters Elizabeth Gatz (Steven) and Kathryn. He is also survived by many aunts, uncles, cousins, nieces and nephews.

No one was more important to Chris than Kelly. They met in Boston at a charity softball event and from that point forward it was literally "game on". They started dating in Boston in 1999 which continued with a move to Illinois, where they eventually married. From there they spent five years in Atlanta and ultimately moved to Florida.

Chris so enjoyed being



CHRISTOPHER NOBLE

with his family. He loved playing with his nieces and nephews and watching their sporting events either in person or online.

Chris had a strong passion for football. He played for Quincy High School, achieving multiple honors, culminating in being elected captain of the Shriners All-Star Team. He was elected to the Quincy-North Quincy Football Hall of Fame in 2001. Later, he followed in his father's footsteps as a coach. He loved the players, the mechanics, and the entire atmosphere of the game. He was constantly engaged and his positive teaching both on and off the field has impacted many.

Another passion of Chris' was military history. You could often find him reading a book or watching a documentary on the subject. The Civil War, in particular the

Battle of Gettysburg, was his favorite study. He also had a true interest in military aviation. He loved attending air shows, specifically watching military demonstration teams like the USAF Thunderbirds and USN Blue Angels. Chris amassed a large collection of pictures, model aircraft and other military memorabilia. This passion evolved into volunteering at the Warbird Air Museum in Titusville, FL. He loved giving tours, helping where he could, and just engaging the other volunteers who were mostly veterans.

An imposing figure of a man, he was the first to offer help, and always someone you could rely on. Chris will be dearly missed by everyone who knew him.

The family will receive relatives and friends for visitation at Keohane funeral home, 785 Hancock St., Quincy, MA on July 13th, from 4-8 p.m.

A Funeral Mass will be held at St. Agatha Church, 432 Adams St., Milton, MA on July 14th at 10:30 a.m.

In lieu of flowers, please consider a donation in Chris' name to Warbird Air Museum Valiant Air Command, 6600 Tico Rd., Titusville, FL 32780 or the American Heart Association, P.O. Box 417005, Boston, MA 02241-7005. See www.Keohane.com for directions and online condolences.



Over 70 Years Of
Personalized Service

SWEENEY BROTHERS

Home for Funerals, Inc.

**RICHARD T. SWEENEY, JR.
FRANCIS M. SWEENEY • RICHARD T. SWEENEY III**

**1 INDEPENDENCE AVENUE
QUINCY, MASSACHUSETTS 02169
(617) 472-6344 • www.thesweeneybrothers.com**



HAMEL-LYDON CHAPEL
&
CREMATION SERVICE OF MASSACHUSETTS
Pre-Planning • Funerals • Cremations

***** Best of Quincy Funeral Home Award ***
5 Consecutive Years, 2019-2023**



DIRECTORS

**Christopher P. Goulet, Sr.
Michelle A. Lydon**

(617) 472-5888

650 Hancock Street, Quincy, MA 02170

OBITUARIES

Joseph P. Marinelli, 92

Joseph P. Marinelli, age 92, of Braintree, formerly of Quincy, died peacefully, Friday, July 7, 2023 at The Dr. Ruth McLain Hospice Home.

Joseph was born in Quincy to the late Leonard F. and Gretta (Marshall) Marinella. He was a graduate of Braintree High School and had

lived in Braintree for most of his life.

Following graduation, Joseph enlisted in the United States Navy, serving as a Hospital Corpsman during the Korean conflict.

Upon his return from the U.S. Navy, Joe apprenticed for the Bethlehem Steel Company at the former Fore River Shipyard. He continued his career with General Dynamics and later, with Wollaston Alloy.

Joe was a longtime member of the Knights of Columbus, Braintree Council #1462, where he served as Grand Knight for two years.



JOSEPH P. MARINELLI

He enjoyed golf and sports.

Beloved husband for fifty years of the late Amelia E. "Millie" (Delgiacco) Marinelli.

Devoted brother of Patricia Leslie of Plympton, Kevin Marinella and his wife

Joan of Whitman, the late Barbara Morrison, and the late Leonard F. Marinella, Jr.

Dear brother-in-law of Thomas Delgiacco of Cambridge, Edward Delgiacco of Braintree, Julie Fantucchio of Quincy, the late Antonietta Sheehan, the late Luisa Turner, the late Rita Delgiacco, and the late Spc. Robert Delgiacco.

Loving companion for five years of Louise Murray of Braintree.

Joseph also leaves many nieces and nephews, good luck and fortune. Joe's parting words: With that, life is short - don't waste it.

Funeral Services will be conducted at the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy, on Wednesday, July 12, at 10:30 a.m. Relatives and friends are invited to attend. Visitation prior to the service from 9:30 - 10:30 a.m. Interment, with military honors, to follow at Braintree Cemetery.

In lieu of flowers, donations in Joe's memory may be made to St. Jude's Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105.

You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO23P1678EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
Patricia Ann Sordillo
Date of Death:
01/18/2023

To all interested persons:
A Petition for **Formal Adjudication of Intestacy and Appointment of Personal Representative** has been filed by **Christine M. Hyslip of Quincy, MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **Christine M. Hyslip of Quincy, MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration**.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 08/02/2023. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: June 27, 2023
COLLEEN M. BRIERLEY
Register of Probate

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO23P0158EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
John F. Kudarski
Date of Death:
10/24/2022

To all interested persons:
A Petition for **Formal Adjudication of Intestacy and Appointment of Personal Representative** has been filed by **John J. Walsh of Quincy, MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **Christopher J. Sullivan of Quincy, MA** be appointed as Personal Representative(s) of said estate to serve **With Corporate Surety** on the bond in **unsupervised administration**.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 07/26/2023. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: June 21, 2023
COLLEEN M. BRIERLEY
Register of Probate

Vandalla McDonald of Quincy, Massachusetts passed away on June 9, 2023 at the age of 97.

She was the wife of Donald R. McDonald (deceased) of Quincy and was the loving mother of Wayne McDonald of Sarasota, Florida, Darryl McDonald, Gregory McDonald (deceased), Brian MacDonald of Quincy who lovingly took care of her, and Karen Zanolli and her husband Paul of Plympton. Dearest grandmother of Shauna Zanolli and her husband Austin Hardin, Lisa Foley and her husband Brian, and Jennifer Zanolli. The proud great-grandmother of Weston Foley.



VANDALLA MCDONALD

Preceded in death by her parents James L. and Emma J. Overman, siblings James Overman, Emma Lee Grogan, Eunice Overman, Car-

lene Mchaeffey, J.L. Overman, Shirley Brandon, Pearl Taylor, and her dearest friend Jack Wallace. She is survived by her sister Beverly Reece.

Vandalla was born in Caraway, Arkansas where she grew up picking cotton on her parents and neighbors' farms. She was lovingly nicknamed Cricket by her Uncle Carl and went by that name throughout her school years. She moved to Detroit at a young age and tried to get a job at a war plant when World War II started, but was deemed too young. Instead, she worked as a waitress, department store clerk, and at Ma Ball as a telephone operator. She met and married a soldier, Donald R.

McDonald, and moved to Quincy where she became a lifelong resident and raised five children. She worked at many jobs including Raytheon and ultimately retired from Bradlees. She loved dancing, country music, and fashion which she instilled in her granddaughters with many fun filled shopping trips. She was a constant role model, always saying "tomorrow will be a better day." Her family was her greatest joy and she was endlessly devoted to them. She will be sorely missed by family and all who knew and loved her dearly.

Her internment will be private.

INVITATION TO BID

INVITATION TO BID

INVITATION TO BID

CITY OF QUINCY, MASSACHUSETTS
PURCHASING DEPARTMENT
1305 HANCOCK ST., QUINCY, MA 02169

The City of Quincy invites sealed bids for:

ON-CALL FLOORING & CARPETING SERVICES

PUBLIC BUILDINGS DEPARTMENT

The City of Quincy, acting by and through its Department of Public Buildings solicits this Invitation to Bid under both Massachusetts General Law Chapter 30B and Massachusetts General Law Chapter 149. Chapter 30B is applicable with regard to inspections, procurement of materials and supplies as well as to work not "altering or adding to" any piece of equipment. Chapter 149 is applicable with regard to repair and replacement work or other work that "alters or adds to" a piece of equipment. Massachusetts Prevailing Wages are applicable under this contract for all repair and replacement work or other work that "alters or adds to" a piece of equipment.

All vendors will need to possess a valid Massachusetts license in this trade. Multiple vendors may be awarded in these contracts if it is deemed in the best interest of the City of Quincy to do so.

The work will include providing all labor, materials, equipment, tools, and supervision necessary for maintenance, repair and installation, and equipment for all City and School owned buildings as directed by the Commissioner of Public Buildings

Detailed specifications are available on-line at the City of Quincy's website, www.quincyma.gov and also available at the office of the Purchasing Department, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 a.m. and 4:30 p.m.

All inquiries regarding this bid should be directed to Kathryn R. Logan, Chief Procurement Officer by email: klogan@quincyma.gov and cc: mmarini@quincyma.gov. Questions will be accepted until July 21, 2023 at 12:00 p.m.

Bids must be in a sealed envelope. The outside of the sealed envelope is to be clearly marked "BID ENCLOSED" with time/date of bid call.

Firm bid prices will be given first consideration. Bids will be received at the office of the Purchasing Department until the time and date stated above, at which time and date they will be publicly opened and read. Late bids delivered by mail or in person, will be rejected.

The City reserves the right to waive any informality in or to reject any or all bids when such an action is deemed in the best interests of the City.

Non-responsive and/or unbalanced bids may be rejected.

Thomas P. Koch, Mayor

Kathryn R. Logan, Chief Procurement Officer

Paul Hines, Commissioner of Public Building

OBITUARIES

Thomas A. 'Tony' Dee

Thomas Anthony "Tony" Dee, of Quincy, originally Waterford, Ireland, died July 5, 2023.

Tony Dee started life on Nov. 22, 1943, in Kilmacthomas, County Waterford, Ireland. One of ten children, Tony took the opportunity to come to America at the age of seventeen, in August of 1961. Tony enjoyed a long career as a Plasterer, to the immense benefit of his children. A consummate craftsman, he brought perfection to all the work he did and reveled in a job well done. An ethic that he passed down to his children and grandchildren. Tony met his future wife Mary Ellen at the Irish dances in Boston of the 1960s. Tony served his new country in the National Guard for six years. He was incredibly proud to be a citizen of the United States and have the opportunity to serve his new country. Tony and Mary were married in October 1966, at the Mission Church in Boston. Four children soon followed and were raised on Brook Street in Quincy. Tony lost his beloved wife of twenty-three years, in July of 1989. Tony was a sterling example of



THOMAS A. 'TONY' DEE

perseverance in challenging times, dedicating his immense energy to the care and education of his family. Tony was lost to us on July 5th, after a long fight with pulmonary fibrosis. Tony passed peacefully at home, surrounded by his children.

Tony adored his family and was a proud "Papa" to his eight Grandchildren. He relished his Irish heritage and instilled a love of the music and culture in his family. Tony's greatest joy was spending time with his family. Everyone looked forward to his visits, when Papa Tony would come in the door with his Dunkin' Donuts to the delight of the Grandkids. He was a man of integrity, humility, and a wicked sense of humor. Tony will be deeply missed by all who knew him.

Beloved husband of the late Mary Ellen (Doherty) Dee. Loving father of Patrick Dee and his wife Anna (Nestor) of Hingham, Thomas A. Dee, Jr., and his wife Diana (Paulik) of Hingham. Cheryl (Dee) Kelley and her husband James of Weymouth, and Christine (Dee) Rose and her husband Daniel of Braintree. Survived by Mary Moore of England, and the late John, Dennis, Michael, Morris, Patrick, Edmond, Alice, and James Dee. Devoted Papa of Nicholas, Riley, Reese, Ryan, Emma, Claire, Shane, and Colleen. Dear nephew of the late Johanna Brazil. Also survived by many nieces and nephews.

Relatives and friends are respectfully invited to greet the family during the visiting hours on Wednesday 4-8 p.m. in the Keohane Funeral Home, 785 Hancock St., Quincy. A Celebration of Life Service will be held in the funeral home at 9:30 a.m. on Thursday prior to the Funeral Mass in St. Ann's Church, Quincy at 10:30 a.m. Burial in Pine Hill Cemetery, Quincy. See www.Keohane.com for directions and online condolences.

Athanasios 'Arthur' Kyranis, 86

Athanasios "Arthur" Kyranis, age 86, a longtime resident of Braintree and Naples, Fla., formerly of Quincy, died peacefully, Sunday, July 9, 2023 in the comfort of his home, surrounded by his loving family.

Athanasios was born in Kainourgion, Northern Epirus, Greece, to the late Evangelos and Despina (Gizeli) Kyranis. Athanasios immigrated to the United States in the mid-1960s, arriving in Quincy. He lived in Braintree for 43 years, previously in Quincy for 20 years. He and his wife, Dimitroula, also enjoyed their residence in Naples, Florida for 20 years.

He was the well-known owner of many eateries, including Maria's Restaurant in Braintree for over 40 years. The restaurant was founded in 1950 and he became owner in 1979 and was recently retired. He enjoyed working with his son, Artie, and the many friendships he developed during his career. Over the years, Athanasios and his family were proud to be strong supporters of local South Shore community events and charities,



ATHANASIOS 'ARTHUR' KYRANIS

always willing to help when needed. In fact, he contributed to public works and the building of a church in his place of birth.

Athanasios was very grateful to be American, but he never forgot and was always proud of his Greek heritage. He was a longtime member of Saint Catherine's Greek Orthodox Church in Braintree and an ardent soccer fan and supporter of AEK Athens F.C. Athanasios spoke four languages and loved meeting people he could converse with. He also enjoyed working in his garden, especially tending to his fig tree, reading The National Herald, and playing bocce with his Italian friends in Florida.

Most of all, Athanasios was devoted to his family and friends.

Beloved husband for 55 years of Dimitroula "Toula" (Zisi) Kyranis.

Devoted father of Aristotelis "Artie" Kyranis, Alexandra Kyranis and her hus-

band Nikolaos Gourousis.

Loving grandfather of Thomas and Elias Gourousis.

He is survived by his close, supportive friend and "second son", Joshua Rogers.

One of nine siblings, he was the dear brother of Vasilios Kyranis and his wife Anthea, Heleni, Maria, Eleftheria, and predeceased by Garyfalia, Evanthia, Thomas, and Alexandra.

Athanasios is also survived by many other relatives and their families, both here and abroad.

Visiting hours will be held at the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy, on Wednesday, July 12, from 4 to 7 p.m. Relatives and friends are invited to attend.

Funeral Services will be conducted at Saint Catherine's Greek Orthodox Church, 119 Common Street, Braintree, on Thursday, July 13, at 10 a.m. Interment to follow at Blue Hill Cemetery, Braintree.

In lieu of flowers, donations in Athanasios' memory may be made to Saint Catherine's Greek Orthodox Church, 119 Common Street, Braintree, MA 02184 or Beth Israel Deaconess Medical Center, Office of Development, 330 Brookline Avenue (BR), Boston MA 02215.

You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

Tips For Finding And Booking A Vacation Package

The Better Business Bureau recommends the following tips when booking a vacation package.

- **Count the cost.** The best way to know if you're getting a good deal on a vacation package is to check the price for booking each part of the vacation separately. If a vacation package costs more than purchasing hotels, flights, rental cars, etc., separately, you might want to make your bookings instead.

- **Be flexible to get the best deal.** Getting a better value for your vacation package is easier if you can be flexible with your dates. This is also true if you're flexible with your destination. Is your heart set on Cancun, but it's outside your budget? Why not consider a travel package that takes you to a lesser-known beach in Mexico? The same goes for airport choices. Being open to departing from any nearby airport might save you hundreds of dollars.

- **Know that you can extend travel dates (usually).** If you're offered a package with pre-established dates, know that most packages allow you to extend your trip or modify the dates as you see fit. You'll pay more for different dates, but it can be done. However, if you can't extend your trip for the package you're interested in, you can always find your way home. Taking advantage of the travel package and adding your travel plans to the end of your trip is still an option.

- **Book early or last minute.** You can also get a good deal by booking your trip early or scoring a last-minute deal. If last-minute travel plans sound stressful, consider blocking off the time earlier in the year and hunting up your travel package the week before.

- **Read the fine print.** Always read and re-read the fine print when booking a vacation package to ensure you know exactly what is included and what isn't. Airfare and your hotel might be included in the price, but what about land transfers, tips, activities, amenities, and food? The last thing you want is to assume your package is all-inclusive, only to discover you'll need to pay for more than you expected after arriving at your destination.

- **Check the refund and cancellation policies.** Get to know how cancellations and refunds are handled if your trip is interrupted by illness, bad weather, or other unforeseen events. You'll find this information in the fine print as well.

- **Think about loyalty points and travel rewards.** If you travel regularly, you might want to earn points through a loyalty program you use or redeem travel rewards for your next trip. This isn't always possible when booking vaca-

tion packages. However, it might be if you book a vacation package through the company you get rewards from. For example, if you have plenty of sky miles saved up through your favorite airline's loyalty program, try booking a vacation package through them.

- **Watch out for scams.** As always, you'll need to watch for bad actors when searching for a good vacation package. Book through reputable vendors and be wary of travel companies you haven't heard of before. Research to ensure they have a good business reputation before booking a trip. Read plenty of reviews, keeping a close eye out for complaints and reports of scams.

REQUEST FOR PROPOSALS

REQUEST FOR PROPOSALS

REQUEST FOR PROPOSALS

CITY OF QUINCY, MASSACHUSETTS
PURCHASING DEPARTMENT

1305 HANCOCK STREET, QUINCY, MA 02169

Invites sealed proposals for furnishing and delivering to the City of Quincy:

PLANNING DEPT

LEAD PAINT INSPECTORS

JULY 27, 2023 at 11:30 a.m.

The City of Quincy through its Office of Healthy Homes (OHH) is seeking proposals from qualified Lead Based Paint inspectors/agencies for the purpose of conducting lead-based paint risk assessments, paint inspections, soil sampling, dust wipe sampling and clearance examinations for federally funded U.S Department of Housing and Urban Development (HUD) projects.

The City of Quincy receives federal Department of Housing and Urban Development (HUD) Community Development Block Grant (CDBG) funds and Lead Hazard Control grants to provide lead abatement and housing rehabilitation services for low to moderate income households. These programs are designed to provide homeowners and tenants with safe, decent, affordable housing that promotes and preserves both the habitability of individual residences and supports the revitalization of neighborhoods.

Non-Price Proposals must be in a sealed envelope and separate from the Price Proposals in another sealed envelope. The outside of the sealed envelopes is to be clearly marked "RFP - NON PRICE PROPOSAL ENCLOSED" with time/date of RFP and "RFP - PRICE PROPOSAL ENCLOSED" with time/date of RFP.

Bids/Proposals will be received at the Purchasing Department until the time and date stated above, at which time and date they will be opened and registered. Late Bids/Proposals, delivered by mail or in person, will be rejected.

Detailed specifications will be available on-line on July 10, 2023 at 10:00 a.m. at the City of Quincy's website, www.quincyma.gov and also available at the office of the Purchasing Department, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 AM and 4:30 PM.

The City of Quincy reserves the right to withdraw the Request for Proposal; to reject any and all proposals; and to accept any proposal deemed to be in the best interest of the City of Quincy.

Thomas P. Koch, Mayor

Kathryn R. Logan, Chief Procurement Officer

7/13/23

SUN FUN PAGES

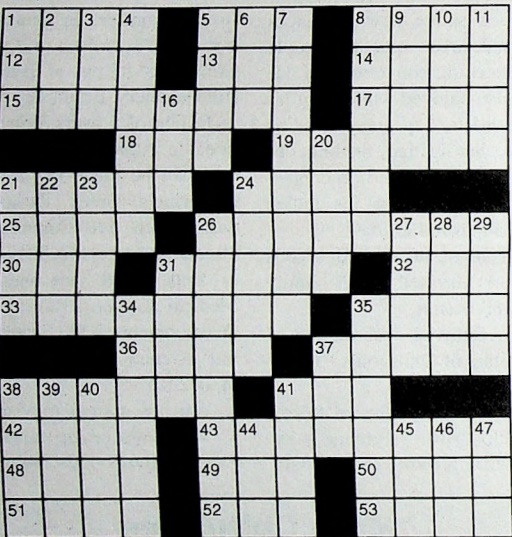
King Crossword

ACROSS

- 1 Ego
5 Curved line
8 Easy targets
12 Geometric calculation
13 "The Matrix" hero
14 Conspiracy
15 Elephant's ancestor
17 Sultry Horne
18 Low isle
19 Pale yellow
21 Rice recipe
24 Colorations
25 Landed
26 Magazine staff listing
30 Leary's drug
31 Skin openings
32 TiVo precursor
33 Became an expert in
35 Actress Ward
36 — and crafts
37 Cancel
38 Where Gauguin painted
- 47 Football filler
42 Milky gem
43 Large dogs
48 Portrayal
49 Yale grad
50 Humdrum
51 Apple product
52 Game caller
53 Continental currency
- 11 Jazz great
16 Klutz
20 Reply to "Shall we?"
21 Tropical tree
22 "Casablanca" role
23 Pot covers
24 Long-eared hoppers
26 Philosopher
27 Always
28 Rights org.
29 Colorless
31 Impudent
34 Shadowed
35 Writer
37 Perch
38 Actress
39 Each
40 Angelic light
41 "Dream on!"
44 Pub pint
45 Winter ailment
46 Distant
47 HBO rival

DOWN

- 1 America's uncle
2 Historic time
3 Guitar expert
4 Nabob
5 Tennis champ
6 Old Olds
7 Mixed up
8 Swimming pool sound
9 "Roots" author
10 Corn concoction



© 2023 King Features Synd., Inc.

MAGIC MAZE

WORDS WITH THREE B'S

A R P M J G D A X E Y V S Q N
K I F D B U M B L E B E E A X
V T Q O M J H B F C B A L Y W
U R P N L J B Y N H A Y B F R
D B Z X V U T U B I L A A E R
Q O M K B I H F B B B I B R D
B Z Y W V T E L B B O B R E R
Q O N L K I H U L F U B O B D
C A Z X W V B E U L S H S B R
Q O N M K B D E B B E W B O C
J I H F A E D T T I B B A B B

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: KIDS LOVE — GUM

- Absorbable Blabby Bobble Bumblebee
Babbitt Blubber Bobby Cobwebbed
Babble Bobber Bubba Hubbub
Bibb Bobbin Bubbly

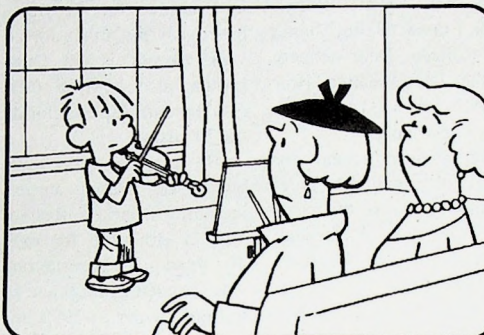
©2023 King Features Syndicate, Inc. All rights reserved.

HOCUS-FOCUS

BY HENRY BOLTIKOFF



Find at least six differences in details between panels.



Differences: 1. Sleeve is missing. 2. Lamp is missing. 3. Flower is missing. 4. Flower is missing. 5. Lamp is missing. 6. Neckline is lower. 7. Drape is lower.

Trivia test

by Fifi Rodriguez

- FOOD & DRINK: What kind of nut is used in a satay?
- U.S. PRESIDENTS: Who is the first president to have a telephone in the White House?
- MOVIES: Which actress won an Oscar for her role in "Mary Poppins"?
- ASTRONOMY: How many planets in our solar system have rings?
- LITERATURE: The novels "Tom Sawyer" and "Huckleberry Finn" are set in which U.S. state?
- TELEVISION: How many seasons of "Star Trek" were produced for television?
- GEOGRAPHY: What is the

name of the highest mountain in Greece?

- SCIENCE: Which plant produces the world's hottest pepper?
- ANATOMY: Which hormone regulates blood sugar?
- ANIMAL KINGDOM: What is a piebald?

Answers

- Peanut.
- Rutherford B. Hayes.
- Julie Andrews.
- Four: Jupiter, Saturn, Uranus and Neptune.
- Missouri.
- Three.
- Mount Olympus.
- Carolina Reaper.
- Insulin.
- An animal with irregular patches of two colors, usually black and white.

© 2023 King Features Synd., Inc.

Wishing Well®

3 8 4 2 7 2 8 7 6 3 2 8 6
B S M B L E U E J E K R O
7 3 8 4 3 6 4 8 7 4 7 8 5
A T P A R Y K R P E F I G
2 6 4 7 6 7 2 4 6 3 6 5 6
I F B O R R N O O U M O T
8 2 3 4 6 7 4 7 2 7 6 2 3
S D E L E W D A T R E O T
7 2 4 6 3 8 4 6 4 6 4 6 3
D Y M N O E O A V G E E Y
2 8 6 2 3 2 8 3 5 8 2 3 8
O G R U O R U U A E S R S
5 3 2 8 3 8 2 3 2 5 3 5 5
H S E T E S L L F E F A D

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

©2023 King Features Syndicate

Salome's Stars

ARIES (March 21 to April 19) You enter a more positive period, both personally and professionally, but trouble spots can appear. Avoid them by keeping lines of communication open.

TAURUS (April 20 to May 20) Don't fret about the competition. Since Taurus rules the throat, you could have the advantage of conveying your ideas in tones that are sure to please your listeners.

GEMINI (May 21 to June 20) Of course, as a Gemini, you love to talk. But watch your words very carefully this week. What you say could come back to cause you some unpleasant moments.

CANCER (June 21 to July 22) The Grabby-Crabby side of you dominates. You want it all. But try to temper that urge to splurge so that you can take advantage of an upcoming investment opportunity.

LEO (July 23 to August 22) Spread that natural sunshine all you loving Leos and Leonas radiate, and brighten up those gloomy hearts around you. Also, expect a visit from someone from your past.

VIRGO (August 23 to September 22) You like things neat and tidy. That's fine for your closets and desktops, but you need to be more flexible in your relationships. Give a little, and you'll get a lot back.

LIBRA (September 23 to October 22) Your financial aspects continue to dominate. There still might be problems

to work out from past business decisions before you can make plans for the future.

SCORPIO (October 23 to November 21) Travel plans might be up in the air — literally — now that your spouse or partner would rather fly than drive. A thorny workplace issue is close to being resolved.

SAGITTARIUS (November 22 to December 21) Use your natural leadership qualities to guide a troublesome workplace project through to completion. Meanwhile, a personal relationship is smooth sailing.

CAPRICORN (December 22 to January 19) Aspects for moving to a new location appear to be increasingly favorable. Meanwhile, your loyalty to a friend soon pays off in ways you never expected.

AQUARIUS (January 20 to February 18) Your ability to be flexible helps get you through changes you hadn't expected, either on the job or at home. Remember to take things one step at a time.

PISCES (February 19 to March 20) Your creative talents are put to the test, as you attempt to deal with a suddenly changed situation. It will be up to you to devise a way to work it out successfully.

BORN THIS WEEK: You have a gift for bringing people together. While you love to travel, you also love being at home, especially if you can be surrounded by your family.

© 2023 King Features Synd., Inc.

CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

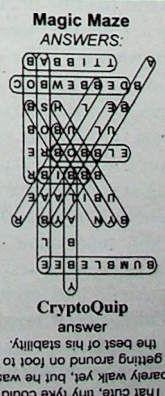
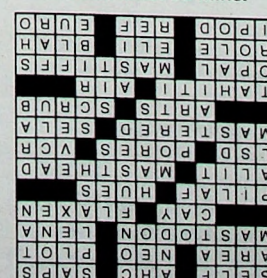
Clue: K equals S

CZJC HFCD, CAUX CXQD HNFTO
SJGDTX RJTQ XDC, SFC ZD RJK
LDCCAUL JGNFUO NU ENNC CN
CZD SDKC NE ZAK KCJSATACX.

©2023 King Features Synd., Inc.

King Crossword — Answers

Solution time: 23 mins.



CryptoQuip answer
The best of his stability.
That cute, tiny type could
barely walk yet, but he was
getting around on foot to

Super Crossword

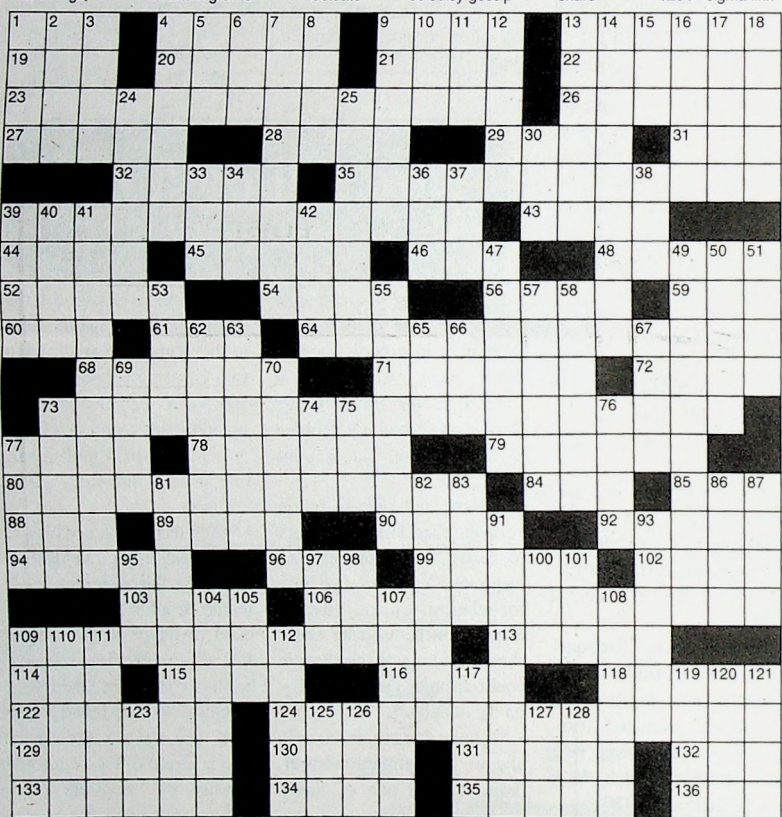
NINE FLEET

ACROSS

- By means of
- Seizes suddenly
- Niche religion
- Cousins of rumbas
- Noah's craft
- Zellweger of "Bee Movie"
- Assistant of Frankenstein
- Mount where the 19-Across landed
- 1987 comedy starring Nicolas Cage and Holly Hunter
- Set fire to
- Streisand musical film
- Diner relative
- Portion (out)
- Part of "GWTW"
- Mosque God
- Black-and-yellow stinging insect
- 1993-2004 Chrysler sedan
- Thing to fly in the wind
- Pertaining to
- Seat in a bar
- Seat in a church
- Things

- Give new weapons to
- Fluctuate wildly
- Cole — (shoe brand)
- Curious pet
- Gift label
- Pro — (some tourneys)
- Sport fish also known as "little tuna"
- "Them's the breaks!"
- Title word before "Inferno" or "Peak"
- Came to rest
- Atlanta daily since 2001
- "Game of Thrones" actress
- Chaplin
- Charlotte — (Virgin Islands capital)
- Turning out
- Windy City airport
- Adobe Acrobat file
- "— believer!"
- Almond-hued
- Actress Olin
- Plaintiff
- Turns toward
- Darling child

- Perceive
- Imitated a sheep
- pedi
- "It's My Turn" singer Diana
- Small, floating cephalopod
- Device used in cardiology
- Actress Eve
- Everything
- Venus de —
- 9-to-5er's shout
- Of a junction point
- Gazed angrily
- Principle of capitalism
- Showing on TV
- Work to make
- Second-largest city of India
- out a win (just prevail)
- Distant
- Californie, par exemple
- Stellar hunter
- Abbr. that can precede nine key words in this puzzle
- DOWN
- Fluctuate



celebrity extra

by Dana Jackson

Q: What happened to Geraldo Rivera on Fox News? I've read conflicting information about whether he was fired or quit. — C.D.

A: According to Geraldo Rivera himself, he was both let go and left of his own accord. He was fired from the weekday show "The Five," but then decided to quit the network altogether. He stayed until the end of June and was even given a cake and balloons. Rivera also watched a montage of his career highlights with the network and received farewell messages from colleagues like Jesse Watters and Sean Hannity. Notably missing was any message from his former co-host Greg Gutfeld, of whom Rivera was not fond.

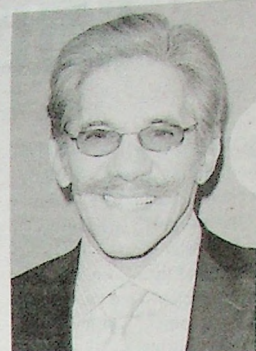
As for his firing, Rivera had been suspended briefly from "The Five" after he "profanely criticized some of fired prime-time host Tucker Carlson's theories." His return didn't last long, and that's when he departed the show. At first, he said he quit, but now says he was fired. Fox released a statement simply stating "we reached an amicable conclusion with Geraldo over the past few weeks." Rivera, who turned 80 on

July Fourth, isn't necessarily ready to retire. He recently told his fans that he has "restless energy when it concerns issues important to the American people."

Q: When is "Reacher" coming back to Amazon? I hope it hasn't been canceled. Wasn't it a pretty big hit? — L.K.

A: Not only was the first season of "Reacher" a success, apparently Amazon is leaning toward renewing it for a third season before the second one has even aired. According to TV Guide, expect season two to premiere in the latter months of 2023. They reportedly finished filming the episodes back in February, and the show promised to be bigger and better than ever. If you're not familiar with the novels, there is a whole series of books based on the character of Jack Reacher. The character was originally adapted for the big screen with Tom Cruise in the titular role, but fans of the books never really took to Cruise, as the character was listed as 6 feet, 5 inches tall in the books. As for the series, a perfect match seems to have been made in the form of actor Alan Ritchson.

Q: Is "Who Wants to Be a Millionaire?" ever coming back in any form? I really enjoyed it when it was on during the weekdays, but I'd be happy if it came back in the summer during prime time again. — A.K.



Geraldo Rivera
("The Five")

Photo Credit:
Deposiphotos

A: As of now, everything is on hold due to the WGA Writers Strike, but even if that weren't an issue, "Who Wants to Be a Millionaire?" has been canceled. Adapted from the British game show of the same name, "WWTBAM" was a huge sensation when it debuted in the U.S. in 1999. Hosted by Regis Philbin, it became appointment TV when ABC aired it as a two-week daily special event. It had a very successful run in syndication and later returned in the summer of 2020 for a special 20th anniversary run. It's since been put on indefinite hiatus, but I wouldn't be surprised if it returns for, perhaps, its silver anniversary?

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

© 2023 King Features Synd., Inc.

Even Exchange

by Donna Pettman

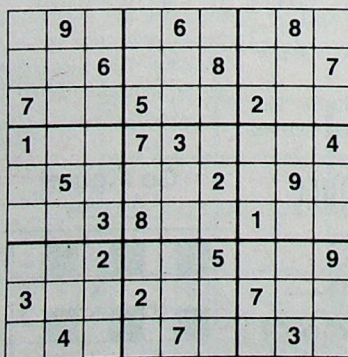
Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|----------------------|-------|----------------------|-------|
| 1. Abundant liquid | — T — | Thin biscuit | — F — |
| 2. Wrist adornment | — A — | Make a mess of | — U — |
| 3. Cut of beef | — H — | Farmyard sound | — L — |
| 4. Rendezvous | — Y — | Have faith in | — U — |
| 5. Day of rest | — — Y | Ice cream shop treat | — E |
| 6. Jeopardy | — N — | Macbeth's prop | — G — |
| 7. Tote | C — | Take to the altar | M — |
| 8. Fireside | — — H | Vigorous and robust | — Y |
| 9. Whittle | — A — | Winding road sign | — U — |
| 10. Inaudible speech | — U — | Physics interest | — A — |

©2023 King Features Synd., Inc.

Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all the numbers from one to nine.

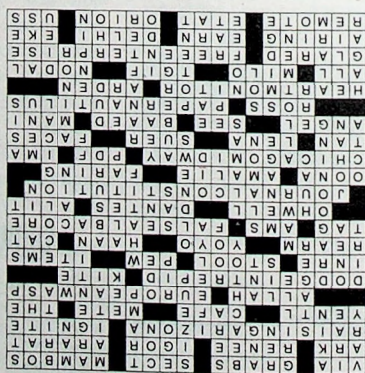
DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

© 2023 King Features Synd., Inc.

Super Crossword

Answers



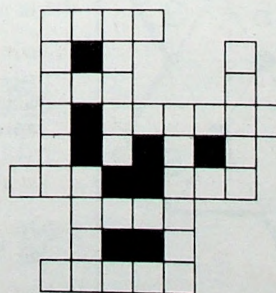
Even Exchange

answers

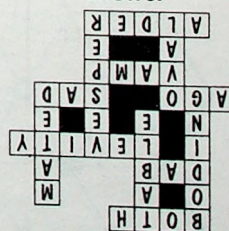
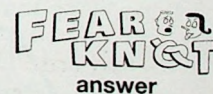
- | | |
|-------------------|--------------------|
| 1. Water, Water | 5. Sunday, Sundae |
| 2. Bangle, Bungle | 4. Trust, Trust |
| 3. Chuck, Cluck | 9. Carve, Curve |
| 7. Carry, Marry | 8. Hearth, Hearty |
| 6. Danger, Dagger | 10. Mutter, Mutter |



- OAG
VILYTE
DAREL
HBTO
NIBGOD
♥ DSA
MVPA
♥ BETAL
♥ ABD
EVRESP
♥ DEMA
ALOV



Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.



Weekly SUDOKU

Answer



Amber Waves

GOING GOLFING WITH THE FELLAS. BE BACK LATER.

LAST WEEK I WAS AT SIX. TODAY I HOPE TO GET THAT NUMBER DOWN TO FOUR.

WELL, WISH ME LUCK!

YOUR DAD MEASURES HOW WELL HE PLAYS BY HOW MANY BALLS HE LOSES.

by Dave T. Phipps

Out on a Limb

THE CREEPIEST PART OF THE WHOLE THING IS WHEN I MAKE EYE CONTACT WITH ONE OF THEM.

by Gary Kopervas

Americanisms

"Remember no one can make you feel inferior without your consent."
— Eleanor Roosevelt

© 2023 King Features Syndicate, Inc.

Just Like Cats & Dogs

THIS NEW 4K RESOLUTION IS AMAZING! IT DEFINITELY MAKES LIFE WORTH LIVING!

by Dave T. Phipps

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Surmise
CONKER

Prickle
GENTIL

Relaxed
ACUSAL

Fling
BEING

TODAY'S WORD



"... And don't forget. A pencil and pad for Mr. and Mrs. Stuart—they're not _____!"

Micro Crossword By Elizabeth C. Gorski

- Across
- 1 "Saturday Night Live" routines
 - 6 Afghanistan's capital
 - 7 "Dancing with the Stars" judge Carrie Ann _____
 - 8 Everglades bird
 - 9 Answer impudently

1	2	3	4	5
6				
7				
8				
9				

© 2023 King Features Syndicate, Inc.

- Down
- 1 Astronomers look up to them?
 - 2 Friend of Winnie-the-Pooh
 - 3 Letter-shaped construction pieces
 - 4 Lipstick dispensers
 - 5 Blind segment

STREAMING SOURCE

Here's what to watch and where to watch it for the week of July 17, 2023

- ON NOW: "Imagine Dragons Live in Vegas" (Documentary) – Hulu

ON NOW: "80 for Brady" (PG-13) – Amazon Prime Video

18-July: "Till" (PG-13) – Amazon Prime Video

18-July: "Love Island" (Season 5) – Peacock

20-July: "Sweet Magnolias" (Season 3) – Netflix

20-July: "Glitch: The Rise and Fall of HQ Trivia" (Documentary) – Max

21-July: "They Cloned Tyrone" (R) – Netflix

21-July: "The Ritual Killer" (NR) – Hulu

21-July: "Stephen Curry: Underrated" (Documentary) – AppleTV+

23-July: "Special Ops: Lioness" (Season 1) – Paramount+

© 2023 King Features Synd., Inc.



Puppy Piddling Is a Real Pain

DEAR PAW'S CORNER: My 6-month-old, medium-size mixed breed dog Jake has a problem I can't seem to train him out of. Whenever he gets excited, he leaves pee droplets across the floor. Jake is healthy and energetic, and he housetrained quickly. What can I do to stop the piddling? – Pupper Dad in Ohio

DEAR PUPPER DAD: There's a very good chance that it can be resolved. It will take time and training, though. Puppies under a year old piddle when they get excited or when they think they're in trouble. Part of it may be a smaller bladder, but another part of it is what's called "submissive urination." Dogs piddle instinctively to signal that you are their superior. However, this isn't a wild dog pack outdoors; it's you and your dog and your beautiful hard-

wood floor. Punishing or yelling at Jake when he piddles will not solve the problem. The real issue is one of confidence and of finding where he belongs in the household. Most puppies stop piddling at around one year old, especially in a home where there's a predictable structure, as they mature and settle into their place in the family. Encourage this during Jake's first year by staying calm when he piddles. Yelling or trying to correct on the spot can make the problem worse. Clean up the urine and lead him to a different spot, and work on a basic command with him like "sit-stay."

Try not to pay attention to Jake when you come in the door from work. Ask visitors to look away from him when they come in. Later, when you and your visitors are settled on the sofa, pay attention to Jake with lots of praise. Learn more at this link: www.tuftsyourdog.com/dogtrainingandbehavior/the-three-reasons-puppies-piddle-indoors/.

Send your tips, comments or questions to ask@pawscorner.com.
© 2023 King Features Synd., Inc.

WORD LADDERS

Can you go from BLAST to BOOST in 6 words? Change one letter for each rung in the ladder.

BLAST

BOOST

© 2023 King Features Synd., Inc.



1. What was the name of the 1989 direct-to-VHS short comedy starring Dick Van Patten that parodied tennis instructional videos?
2. By what name was Mahdi Abdul-Rahman known when he won an NCAA basketball championship with UCLA and was named the NCAA Tournament Most Outstanding Player in 1964?
3. Baseball Hall of Famer Harmon Killebrew has his No. 3 jersey retired by what Major League Baseball team?
4. Formula One driver and polo player Carlos Menditeguy (1914-73) hailed from what South American country?
5. What amateur sports sponsor and enthusiast was convicted in the 1996 murder of Olympic gold-medal-winning freestyle wrestler Dave Schultz?
6. Two mounds named Miss Grainger's Bosoms can be found on the 15th hole of what golf course?
7. What lumber-wielding pro wrestler played football for the Southern Methodist University Mustangs and was signed by the Atlanta Falcons?

Answers

1. "Dirty Tennis."
2. Walt Hazzard.
3. The Minnesota Twins.
4. Argentina.
5. John du Pont.
6. The Old Course at St Andrews, Scotland.
7. "Hacksaw" Jim Duggan.

© 2023 King Features Synd., Inc.

WORD LADDER Answer

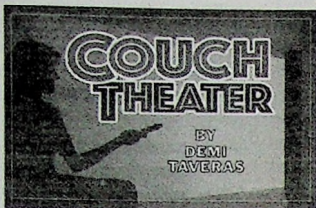
ROAST, ROOST, BOOST
BLAST, BOAST, TOAST

SCRAMBLERS

solution
TALKING
Today's Word
3. Casual; 4. Binge
1. Reckon 2. Tingle

S	S	A	S
T	R	E	E
A	B	A	N
L	A	B	K
S	K	I	S

MORE SUN FUN



"The Out-Laws" (R) — During the week leading up to their wedding, newly engaged Owen (Adam DeVine) and Parker (Nina Dobrev) receive news that Parker's parents, who've been off-grid for the entirety of their relationship, will be attending their nuptials. Shortly after they arrive, the bank Owen manages gets robbed at gunpoint by two masked bandits, leaving Owen suspicious of his mysterious in-laws. Parker denies his suspicions, only to get subsequently kidnapped and held for ransom by a scorned enemy of her parents. Owen is then left with no choice but to work with his criminal in-laws to save his fiancée. Pierce Brosnan and Ellen Barkin star as "The Out-Laws" in this comedy-action film out now. (Netflix)

"A Little White Lie" (R) — In this indie comedy, Michael Shannon ("The Flash") plays a handyman named Shriver, who mistakenly receives an invitation from a college literary festival meant for a famous writer with the same name. Shriver still accepts the invitation with the intention of posing as the writer and, once there, is amazed by all of the perks and attention that suddenly flock to him by professors and students alike. That is, until the real Shriver shows up to call him out as an imposter. Kate Hudson, Don Johnson and Zach Braff co-star in the film, which has a release date of July 14. (Hulu)

"The Horror of Dolores Roach" (TV-MA) — Are you in for a kooky ride? Based on the scripted fiction horror podcast series that originally starred Daphne Rubin-Vega and Bobby Cannavale, this black-comedy TV series follows Dolores Roach (Justi-

na Machado) as she is released from prison following an unjust 16-year sentence. Returning home to Washington Heights, New York, without much to her name, Dolores must scrap to restart her life. She settles on a room with her old friend, Luis, and begins offering massages for cash in his basement. But as the pressure of life starts to weigh on Dolores, her "magic masseuse hands" turn fatal for several of her customers. Unsure of how to dispose of their bodies, Dolores finds that Luis — or, more specifically, his empanada business — has her back. All eight episodes are out now. (Amazon Prime Video)



Courtesy of Netflix

From left, Pierce Brosnan, Adam DeVine, Ellen Barkin and Nina Dobrev star in "The Out-Laws."

"God's Own Country" (R) — Josh O'Connor's stunning performance in "The Crown" earned him an Emmy and a Golden Globe, no doubt securing lead roles for him in films like Luca Guadagnino's upcoming sports film "Challengers," co-starring Zendaya and Mike Faist. But before he ever suited up to play a young Charles III, O'Connor starred in a small British drama called "God's Own Country," playing a young and lost sheep farmer named Johnny. When "extra help arrives from Romania in the form of a man named Gheorghe, Johnny's usually reclusive manner of life gets put to the test. As Gheorghe teaches him how to be vulnerable, Johnny learns how to find true happiness. Out now. (AppleTV+)

© 2023 King Features Synd., Inc.

Contract Bridge

A DEDUCIBLE DEDUCTION

East dealer.

East-West vulnerable.

NORTH		EAST	
♠ Q J 9 4		♠ 7 5	
♥ A 3		♥ 10 9 8 2	
♦ 9 6		♦ A 7 4 3	
♣ K 9 8 7 2		♣ Q J 6	
WEST		SOUTH	
♠ 6 2		♠ A K 10 8 3	
♥ K J 7 5 4		♥ Q 6	
♦ K Q J 10		♦ 8 5 2	
♣ 10 3		♣ A 5 4	

The bidding:

East	South	West	North
Pass	1 ♠	Pass	3 ♠
Pass	4 ♠		

Opening lead — king of diamonds.

The most difficult part of declarer play is to determine how the defenders' cards are divided and where specific key cards are located. Fortunately, there are clues in almost every hand that should enable declarer to attain the best result possible if he puts forth a maximum effort.

Consider this case where South failed to take advantage of a significant clue. West led the king of diamonds, which held, and continued with the ten, won

by East with the ace. East returned the ten of hearts, covered by the Q-K-A. South later lost a heart and a club, and so went down one.

On the surface, it seems that South did nothing wrong. He had four losers, and he lost them. But it is not that cut-and-dried. The fact is that South missed his cue when he covered East's ten of hearts with the queen. He should have played the six instead!

Undoubtedly, he played the queen in the hope of finding East with the king. However, this was not a realistic view, since the defenders could have arranged for West to be on lead at trick three instead of East and would have done so if East had had the king of hearts. Their plays clearly indicated that West had the king.

Had South played the six on the ten, he could have made the contract by taking the ace, drawing trump, ruffing a diamond in dummy, cashing the A-K of clubs and then leading a heart to the queen.

West would take the king, but, with only hearts and diamonds left, he would be forced to return one or the other. This would allow declarer to ruff in dummy while discarding his remaining club, and the seemingly unmakeable contract would come sailing home.

© 2023 King Features Syndicate Inc.

by Steve Becker

Puzzles4Kids

by Helene Hovanec

WORD FUN

Study the two words on each line to find the ONE letter in the left column that is NOT in the word in the right column. Write the extra letter on the blank space. Then read DOWN to answer this riddle:

WHAT DOES BREAD DO ON VACATION?

LAPELS	___	PLEAS	LLAMAS	___	SMALL
SMOOTH	___	MOTHS	REUSED	___	SUEDE
CATERS	___	CREST	BLOUSE	___	BLUES
FASTER	___	STARE	USEFUL	___	FUELS
			TRANCE	___	REACT
			CANOED	___	OCEAN

© 2023 King Features Syndicate, Inc. All rights reserved.



Hemorrhoid Surgery Doesn't Deserve Its Bad Reputation

DEAR DR. ROACH: My 30-year-old, and otherwise healthy, grandson has been suffering from, and treating, hemorrhoids for two years. He is anemic due to his loss of blood. He's had several bandings; they couldn't complete the last one because he was in too much pain. They said they couldn't anesthetize the area because his lack of feeling would prevent them from knowing if they were near a nerve. So, now they say he should have surgery, although it is said to be quite painful and difficult.

Do you agree that they can't anesthetize the area for banding, and is the surgery as horrible to deal with as they say? Under what conditions would you say it is advisable to have the surgery? -- A.P.

ANSWER: Most people with a banding procedure do not need anesthesia, and nerve blocks are not used in hemorrhoidal banding because a feeling of pain is a useful indication that the band is not in the best position. When home treatments and office procedures (like banding, scleral therapy or infrared coagulation) are ineffective or can't be used, it is time to consider surgical treatment.

The surgery's reputation of being "horrific" is undeserved. I have had several patients in the last few years undergo this surgical procedure, and although they have certainly had a few days of pain after the procedure, all have been happy with the outcomes. Surgeons often use long-acting local anesthetics, and the pain is greatly reduced when they are combined with better surgical procedures, compared to older surgical techniques and anesthesia.

DEAR DR. ROACH: My sister's dog ran through a swampy area while we were on a walk and ended up with a lot of ticks. We picked off about 10 that day.

The interesting part was

that the dog had just gotten his flea and tick medication. So, aside from the first couple of ticks we picked off, the rest were dead, showing the effectiveness of the medicine!

Is there a reason that people, especially those who work or live in areas prone to ticks, cannot be treated in a similar way in order to ward off Lyme and other tick-borne diseases? (I am not suggesting using veterinary medicine on people; I'm just asking why there isn't a similar medical treatment for people when there's such an apparently effective preventative for dogs.) -- J.D.

ANSWER: I'm, of course, not a veterinarian, but I did look up the toxicity for three of the most frequently prescribed oral flea and tick medicines for dogs. All of them have the potential for toxicity in humans, and none have been studied extensively. I hypothesize that the cost of conducting studies on humans is so great, and the expected demand for such a product is so low that drug companies have not thought it worth the costs to proceed.

In the meantime, there are topical treatments humans can spray on the skin to repel ticks, which -- in combination with protective clothing and daily tick checks -- is a moderately effective way of preventing tick-borne diseases such as Lyme disease, ehrlichiosis and babesiosis. There currently isn't an available vaccine for Lyme disease, but at least one is undergoing clinical trials at this moment.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

(c) 2023 North America Synd., Inc. All Rights Reserved

Puzzles4Kids

Answer

LAPELS	L	PLEAS
SMOOTH	O	MOTHS
CATERS	A	CREST
FASTER	F	STARE

Answer

LLAMAS	A	SMALL
REUSED	R	SUEDE
BLOUSE	O	BLUES
USEFUL	U	FUELS
TRANCE	N	REACT
CANOED	D	OCEAN

SENIOR NEWS LINE

by Matilda Charles

Staycation Ideas for Seniors

How do we go on vacation when we can't afford to travel anywhere? How can any days feel like vacation when we do what we usually do, which is stay home?

The answer lies in that made-up word: "staycation." The idea is to spend time doing something different without leaving your home area.

One of my favorite ways to unwind and decompress is to unplug the phone and read. I can get 10 free Kindle Unlimited books at a time, more than enough to keep me happy during an unplugged week while I pretend I'm on vacation. With a free-delivery Walmart+ membership (\$98 for a year), I can have groceries and snacks delivered to the door.

I've already checked the local events calendar, marking off several of interest. That doesn't mean I'll go to all of them, but the options are there: a sandwich, no-salt chips and a drink in a chilled to-go bag and a few relaxing hours at a free local outdoor concert.

One of the events I'm looking forward to is an evening community sing where likely hundreds of people (mostly seniors, I imagine) will get together outdoors to sing the oldies.

On another day I'll spend some hours at the Louvre in Paris. I won't actually be there, but close enough with their free virtual tour (www.louvre.fr/en/online-tours). Do an online search for "museums with virtual tours," and you'll find several dozen choices. Zoos, national parks and aquariums have done the same thing.

The opportunities for staycation are many. Want to learn to paint or draw? Order supplies and spend some days hooked up to online art tutorials. Want to write a book? You can get a lot done in an unplugged week. Want to bake a pie? Spend an afternoon first at a pick-your-own fruit farm.

A big rule of staycation: Housework and cleaning are not allowed.

© 2023 King Features Synd., Inc.



1. Which band released "Take It Easy" as their debut song?
2. Name the band that released "The Joker."
3. Who released "Save the Last Dance for Me"?
4. What kind of music did The Highwaymen play in the 1960s?
5. Name the song that contains these lyrics: "Even though it's been so long, My love for you keeps going strong."

Answers

1. The Eagles, in 1972. The song's reference to Winslow, Arizona, was taken from the time a band member had his car break down in the town. In 2016 the town installed a statue in honor of the song's lyrics "standing on the corner in Winslow, Arizona."
2. The Steve Miller Band, in 1973, on their album of the same name.
3. The Drifters, in 1960. The song was intended to be the B-side of the single, but Dick Clark convinced them to make it the A-side. The song topped the pop charts and stayed there for three weeks.
4. Collegiate folk. The five members were only together for a few years, until they graduated from college and went on to their careers.
5. "Miss You Like Crazy," by Natalie Cole, in 1989. The song was Cole's last top 10 hit and charted around the globe.

© 2023 King Features Syndicate



IT WAS A PROUD DAY for the families of the recently promoted Quincy Police officers. Here the new Quincy Police sergeants share a moment with family after receiving their new badges. Clockwise from top left: Christian Donovan, Christopher McDermott, Thomas Pepdjonovic and Michael Dougan.

Quincy Sun Photos/Robert Bosworth

Openings Available For Quincy Recreation Swimming Lessons

Quincy Recreation announces that openings remain available for Session II of its youth swimming lessons beginning on July 24th. The lessons, sponsored by Quincy Recreation in cooperation with the American Red Cross, are open to Quincy Residents entering Grades 1 and up who did not participate in Session I's lessons.

Lessons are held at the Lincoln Hancock Community Pool, 325 Water Street, Quincy, MA.

One session of swimming lessons is free for Quincy Residents entering Grades 1 and up with a pool membership. Pool memberships are available for purchase online at www.QuincyRec.com and registration

for lessons can be done in person at the pool.

The American Red Cross Learn to Swim Program teaches aquatic safety skills in a logical, sequential progression. The program comprises four levels:

Level 1/2: Introduction to Water Skills/Fundamental Aquatic Skills

Level 1/2

11:30 a.m. – 12:10 p.m.
12:15 p.m. – 12:55 p.m.
1:00 p.m. – 1:40 p.m.
1:45 p.m. – 2:25 p.m.
2:30 p.m. – 3:10 p.m.
3:15 p.m. – 3:55 p.m.
4:00 p.m. – 4:40 p.m.

Level 4

11:30 a.m. – 12:10 p.m.
2:30 p.m. – 3:10 p.m.
3:15 p.m. – 3:55 p.m.
4:00 p.m. – 4:40 p.m.

Level 3: Stroke Development

Level 4: Stroke Improvement

Level 5/6: Stroke Refinement, Proficiency, and Advanced Options

Class times for Session II appear below.

Please note that some slots may already be filled.

Level 3

11:30 a.m. – 12:10 p.m.
12:15 p.m. – 12:55 p.m.
1:00 p.m. – 1:40 p.m.
1:45 p.m. – 2:25 p.m.
2:30 p.m. – 3:10 p.m.
3:15 p.m. – 3:55 p.m.
4:00 p.m. – 4:40 p.m.

Level 5/6

11:30 a.m. – 12:10 p.m.
2:30 p.m. – 3:10 p.m.
3:15 p.m. – 3:55 p.m.
4:00- 4:40 p.m.



QUINCY POLICE SERGEANT Christopher McDermott and family.



QUINCY POLICE SERGEANT Thomas Pepdjonovic and family.



QUINCY POLICE SERGEANT Michael Dougan and family.

AAA: Mass. Gasoline Prices Stay The Same

The average gas price in Massachusetts is the same as last week (\$3.55), averaging \$3.55 per gallon. Monday's price is 2 cents higher than a month ago (\$3.53), and \$1.20 lower than July 3, 2022 (\$4.75). Massachu-

setts' average gas price is 1 cent higher than the national average.

According to the Energy Information Administration, this year's July 4 gasoline demand was at the highest level since October, 2021

and slightly above than the same week last year. The expectation of a cooling economy and higher interest rates in the coming months, however, could weaken demand through the rest of the summer driving season.

SUBSCRIPTION FORM

FILL OUT THIS SUBSCRIPTION BLANK AND MAIL TO

The Quincy Sun

Historic Quincy's Hometown Weekly Newspaper Since 1968

1372 HANCOCK STREET, QUINCY, MA 02169

NAME _____

STREET _____

CITY _____ STATE _____ ZIP _____

CHECK ONE BOX IN EACH COLUMN

☐ 1 YEAR IN QUINCY \$48.00
☐ 1 YEAR OUTSIDE QUINCY \$50.00 ☐ CHECK ENCLOSED
☐ 1 YEAR OUT OF STATE \$60.00



A COMBINED CONTINGENT of color guard and live-firing detail from the Cyril P. Morrisette Post 294 of The American Legion, Quincy, prepares to step off in the annual Braintree Fourth of July Parade. *Courtesy Photo*

Korea - 'The Forgotten War' - Remembered In Quincy

Cont'd From Page 21

ten war but rather a proud and possibly painful memory," she said. "You might remember the monsoon mud, the searing heat, the bitter cold, the swarming insects. You might remember how you missed home, the holidays and your family."

"For you, this will never be a forgotten war, and we will never forget the sacri-

fices made, the loss suffered, and the heroism shown. For all of us here today, I hope you will join me in a promise that we will teach and remind the younger generations to never forget."

Steve Dunlea, the commander of the Quincy Veterans' Council, recalled his experience when he was stationed in South Korea in the early 1980s.

"When we got over there in 1981, it was still a pretty run-down country. I wouldn't call it third world, but it was coming out of that," he said. "It really made me say, 'wow, am I glad I'm an American,' what they went through over there. They were always on alert. There some shots fired on the DMZ every couple days or weeks."

"This is the 41st year I've been out of Korea, and they've come a long way," Dunlea added. "South Korea is prospering as we speak. They probably in some ways are doing better than we are right now. South Korea has got one of the best education systems. They're putting out all kind of electronics."

"For a nation that is under threat every minute in every day, they are living

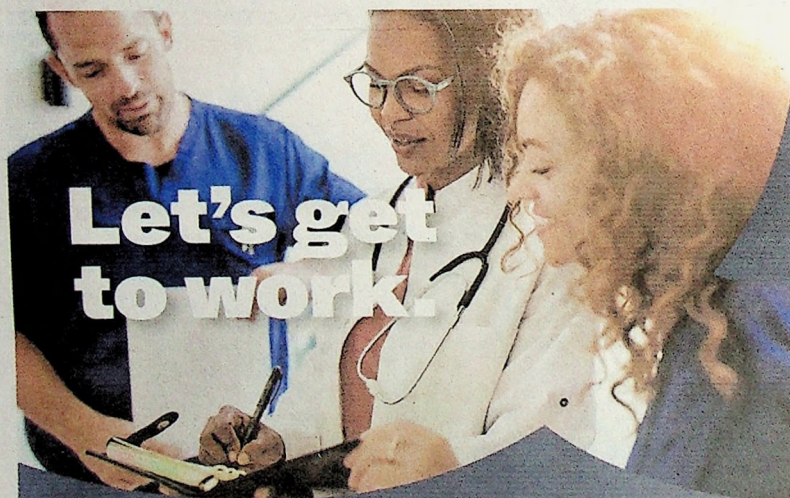
a very free and happy life. They're enjoying all the American ways - McDonald's and Starbucks and all kinds of places."

Don Knight, the chaplain of the Quincy Veterans Council, said that, despite its nickname, the Korean War is not forgotten.

"Many historians refer to this Korean conflict as 'The Forgotten War,' but as we gather here this morning, I can tell you that it is not for-

gotten," he said.

"It is not forgotten by the families that are here today. It's not forgotten by the families of these 38 brave men whose names are etched in stone across the street. It's not forgotten by their friends that are here. It's not forgotten by the city. It's not forgotten by those who have gathered here this morning to honor and remember those who gave the ultimate sacrifice."



Let's get to work!

Join the booming healthcare industry.

Quincy College is the perfect place to begin your healthcare career. With experienced faculty, hands-on learning, and comprehensive programs like Nursing, Radiology, Phlebotomy, Physical Therapy, and more, you'll gain practical skills and knowledge to succeed in high-demand healthcare careers.

Reach out to David Huynh
Admissions & Enrollment Specialist
david.huynh@quincycollege.edu
(617) 984-1713

QUINCY COLLEGE

Get your start today!

Openings Available For Quincy Recreation Lacrosse, Tennis Clinics

Quincy Recreation announces there are still openings available for its girls' lacrosse clinic beginning Monday, July 17th and running through Friday, July 21st.

The clinic will be held from 9 a.m. to 12 noon at Veterans' Memorial Stadium and is open to those entering grades 3-9. There is a fee of \$85 to attend.

The clinic is for both new and experienced players who are looking to improve their individual lacrosse skills and to have fun. Players of all ability levels will pick up the finer points of offensive and defensive re-

sponsibilities and stick control.

There will also be an emphasis on the fundamentals of the game: catching, throwing, shooting and defense. Girls must provide their own stick, goggles, and mouthguard. For more information and to register, visit www.QuincyRec.com.

Additionally, spots remain available for Session 1 of Quincy Recreation's Middle School Tennis Clinic starting Monday, July 17th and ending Friday, July 21st. The clinic will be held from 8 to 11 a.m. at the Quincy High School Tennis Courts and is open to those

entering grades 6-9. There is a cost of \$85 to attend.

Fundamental drills on groundstrokes, volleying and serve, as well as strategy on singles and doubles play will be taught. Conditioning and strength training will also be discussed. Participants should have their own rackets. For more information and to register, visit www.QuincyRec.com.

Quincy Recreation also offers a second Middle School Tennis session during the week of Aug. 14th. Registration for this session can be done now at www.QuincyRec.com.

Sarah Clark Receives President's Award From Girl Scouts Of Eastern Mass.

Girl Scouts of Eastern Massachusetts (GSEMA), the largest girl serving organization in Massachusetts and 10th largest Girl Scout council in the United States, recently recognized Sarah Clark of Quincy with the President's Award as a member of the Outdoor Facilitators.

Girl Scouts of Eastern Massachusetts celebrated the dedication and skill of their 11,500 volunteers at

their annual Volunteer Recognition Celebration, which took place June 4. The 2023 class of GSEMA Volunteer Recognition Honorees included over 90 volunteers.

Volunteer recognition pins are awarded at the council level based on an individual's exemplary service in support of delivering the Girl Scout Leadership Experience (GSLE), which has had a measurable impact on mission delivery in one (or more) geographic areas

of service. Volunteers are eligible every three years.

Sarah Clark was awarded the President's Award. The President's Award recognizes a geographic area service unit, service-delivery team or committee whose exemplary service in support of delivering the Girl Scout Leadership Experience surpassed team goals and resulted in significant, measurable impact toward reaching the council's overall goals.